

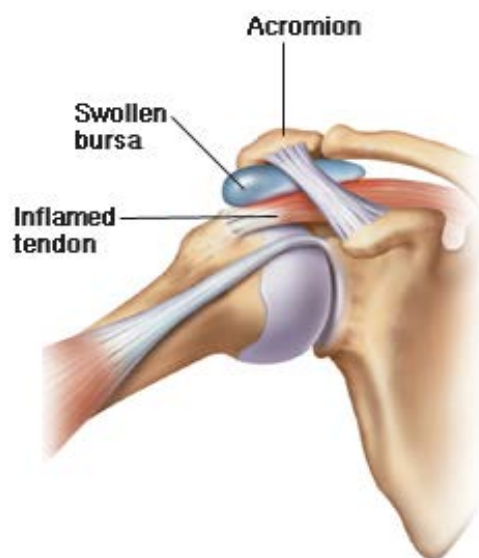


Understanding Subacromial Bursitis:

A patient Information Pamphlet

Introduction

We are providing you with important information about Subacromial Bursitis. Please read this information sheet carefully and feel free to ask any questions or seek clarification from us.



What is Subacromial Bursitis?

Subacromial bursitis is a condition characterized by inflammation of the bursa sac located between the rotator cuff tendons and the acromion, a bony prominence on the shoulder blade. This inflammation can cause pain and discomfort, particularly with overhead movements of the arm.

What are the causes?

Subacromial bursitis is often caused by repetitive overhead activities or direct trauma to the shoulder. It can also occur as a result of underlying conditions such as rotator cuff tears, shoulder impingement syndrome, or arthritis.

Symptoms and Treatment options

Symptoms	Treatment Options
<p>Common symptoms of subacromial bursitis include:</p> <ul style="list-style-type: none">• Pain or tenderness in the shoulder, particularly with overhead movements.• Swelling or inflammation around the shoulder joint.• Limited range of motion in the shoulder.• Pain that may radiate down the arm.	<p>Treatment for subacromial bursitis typically involves a combination of rest, activity modification, and rehabilitation exercises.</p> <p>Other treatment options may include:</p> <ul style="list-style-type: none">• Pain-relieving medications.• Physical therapy to strengthen the muscles around the shoulder and improve range of motion.• Corticosteroid injections to reduce inflammation and alleviate pain.• Ultrasound-guided aspiration of the bursa sac to remove excess fluid.• Platelet-rich plasma (PRP) therapy to promote healing and reduce inflammation.

Managing and Preventing Subacromial Bursitis

To manage and prevent subacromial bursitis, consider the following tips:

- Avoid repetitive overhead activities that may exacerbate symptoms,
- Practice proper posture and shoulder mechanics during activities,
- Warm up properly before engaging in physical activities, • Use ice packs to reduce pain and inflammation after activities,
- Incorporate strengthening and stretching exercises into your routine to improve shoulder stability and mobility.



If you have any questions or require further clarification, please do not hesitate to reach out to us.

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