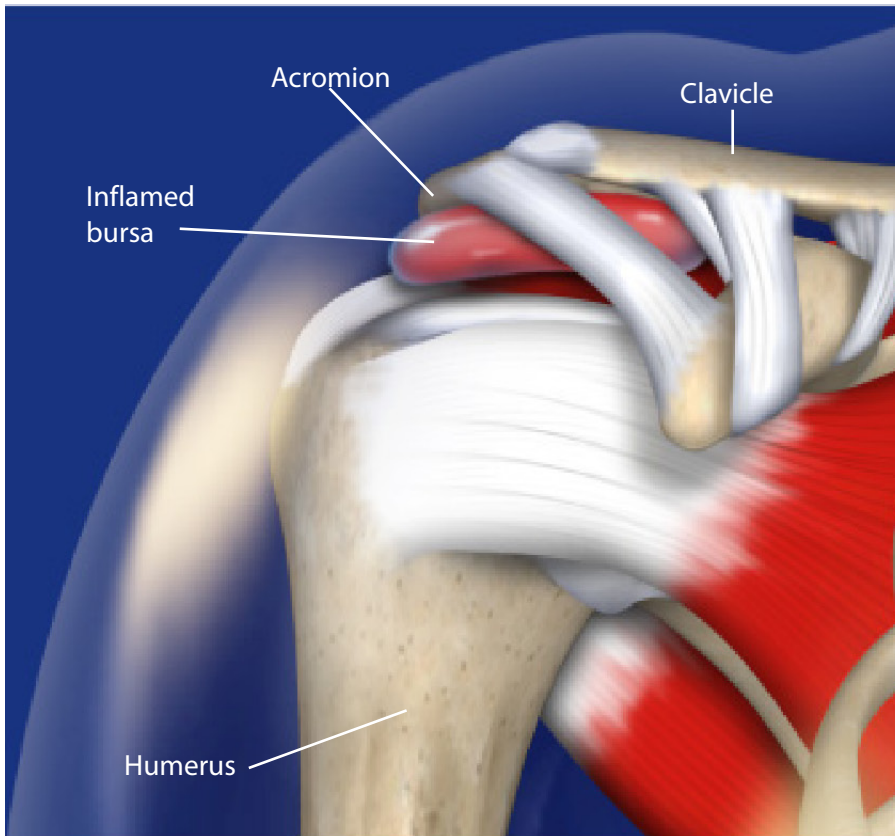


Subacromial Bursitis



Overview

This condition is a swelling of the subacromial bursa, a fluid-filled sac that creates a cushion between the acromion and the head of the humerus.

Causes

This condition is typically caused by excessive use of the shoulder. Occupations such as painting or construction, which require repetitive overhead motions, are common culprits. These motions irritate the bursa, causing it to become inflamed.

Symptoms

Symptoms can include tenderness, swelling, reduced range of motion, and weakness in the shoulder. Minor pain may be present even when the shoulder is at rest. Sudden, sharp pain may be felt when the arm is moved.

Treatment

Treatment options may include rest, anti-inflammatory medications, cortisone injections and physical therapy. If those methods do not relieve the symptoms, surgery may be needed to create space in the shoulder joint.

Repetitive overhead motions are a common cause

