

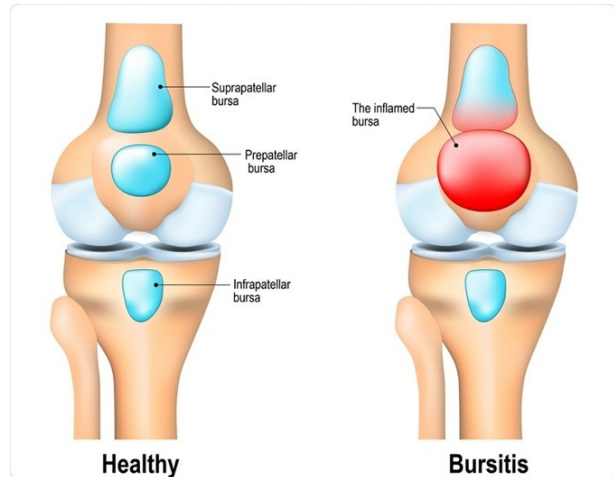
This role of bursae is very important for your body, enabling you to walk, run and move comfortably and without constant pain after even a gentle walk. Hence, you have over 150 bursae all throughout your body, working to cushion and lubricate tendons anywhere that they are in close proximity to your bones.

A bursa is like a small cushion that sits between your tendons or muscles, and the bones close to them. When your feet or legs move and you use and move your muscles and tendons, instead of them accidentally rubbing against nearby bones which can lead to friction and pain, your bursae are perfectly positioned so that the tendons glide against them and their smooth, lubricating surfaces instead.

## WHAT IS BURSITIS?

Bursitis is the term for an inflamed bursa. Like all structures in our bodies, bursae have a limit of the stress that they can take on before they need rest and repair. When this is exceeded, and they are overused, a bursa can become injured, and inflammation is a response to this injury.

As we engage our feet and legs every time we walk, the bursae in the feet and legs are more prone to overuse and bursitis. Hence, we often see bursitis at the back of the heel, the forefoot and the knee.



## OVERUSE AS THE CAUSE OF BURSITIS

Overuse is often the cause of bursitis. This can be from trauma to the area containing the bursa (like dropping something on your foot), certain medical conditions (particularly inflammatory conditions like types of arthritis), infections in your body and more. We also see bursitis occurring together with other overuse injuries like tendinopathies. This makes sense – if the tendon is being used so much that it overuses the bursa, then it's not surprising that the tendon itself may incur some damage in the process, too.

## SIGNS & SYMPTOMS

Anytime you have swelling in a part of your body, pain is usually present when feeling around that area, applying pressure to it, or using the muscles in that area. If the bursitis is present in your foot, this may make it uncomfortable or difficult to walk. Swelling also often brings with it warmth and redness, may leave you feeling stiff or like your movement is restricted.

## TREATING BURSITIS

Bursitis is treated by addressing the cause of the damage to the bursa. If this is from overuse, we consider:

- **Which activity is causing the rubbing/overuse?**
- **What other factors are involved – is the tendon tight and inflexible? Are your foot and leg biomechanics playing a role? Is your footwear influencing the overuse? Is it your technique?**
- **Your occupation and lifestyle – what do you need to keep being able to do daily? We always consider how the treatment we prescribe affects your daily life, as we know that patients will stick to and get the best results from treatment plans that are genuinely sustainable for their daily activities and lives**

A comprehensive assessment is completed to understand the characteristics of your feet and legs and how they're being used. From there, we'll make a plan that will start by relieving your pain and uncomfortable symptoms, then focus on letting the bursa heal and repair, and then plan for how we can help you prevent your bursitis from happening again.

Our Values – We:



love what we do



challenge the status quo



are stronger together



aim to continuously improve



do what we say, sometimes more, never less