



5 Simple Ways To Relieve the Pain of Bursitis at Home Today

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Personal Message From Paul Shin



Welcome to our information pack and thank you for downloading it.

There is so much information out there nowadays on the internet, that researching to choose a treatment approach can get quite confusing.

I have created this information pack to draw your attention to some of the strategies, that we have used over the years, to help many patients just like you, get relief from bursitis pain and get back to doing the things you love.

As a physiotherapist, the most rewarding aspect of our jobs is getting people moving well, pain free and achieving their goals. We hope that at the end of this, we might be your choice of physiotherapy provider, however, the most important thing is that you make the right choice, whether it is with us or not.

Still have questions? Please don't hesitate to contact us at: (905)599 6478

Thank you again

Paul Shin,
Physiotherapist

Number 1

Apply an Ice Pack

Applying an ice pack to the area will help to gently soothe the area and reduce further inflammation around the tendons.

Apply to the area for 2-3 minutes at a time, then remove for 2-3 mins. Repeat this 3 times.

Don't apply ice directly to your skin, wrap ice cubes in a damp thin towel first, this will avoid irritating your skin.

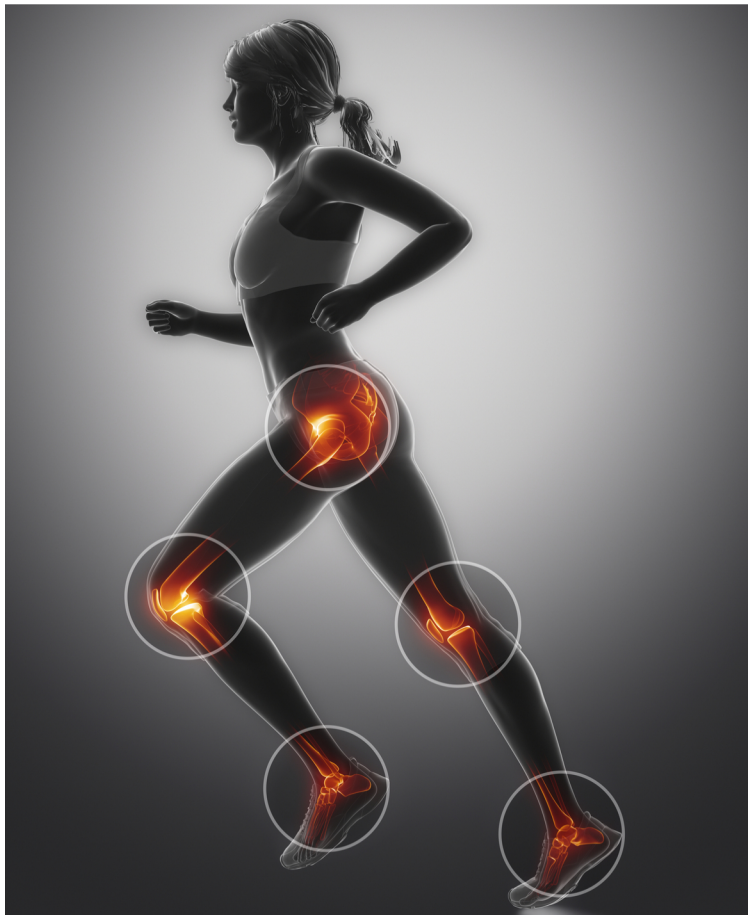


Number 2

Avoid High Impact Exercise

High impact exercise refers to any exercise where you leave the ground and land again such as skipping or running or even aerobics class. While there is inflammation and pain in the tissues in and around your bursitis, it is best to avoid high impact exercise if you have bursitis in your shoulder, knee or hip, as the joint's ability to cope with and absorb shock is likely to be affected at this time.

Here at EQ Physio we will advise you when you are ready to return to the gym and exactly what exercises will be suitable for your recovering injury.



Number 3

Keep Moving

It is important to keep the joint affected by bursitis moving as this will help:

- Prevent the muscles from getting weak.
- Prevent the joint itself from stiffening up.
- Keep the circulation flowing to the area.



Number 4

Support at Night

It is really common to have difficulty sleeping when you have a bursitis, as it can often be hard to get comfortable and painful to lie on the injured side.

If you have bursitis pain in your elbow or shoulder, using a pillow underneath your elbow when lying on your back can help to support the weight of the arm and also form a barrier to help prevent you turning onto that side during the night.

If you have bursitis pain in your knee, try placing a small pillow underneath your knee when lying on your back. This will keep the joint in a neutral position, reduce discomfort and allow you to get off to sleep.

If you have bursitis pain in your hip and you like to sleep on your side, try placing a pillow between your knees. This can help to keep the pelvis in neutral, which may be more comfortable and allow you to get some sleep.

Number 5

Diagnosis Before Exercise

There is so much information out there on the internet it can be really tempting to search for exercises for bursitis pain, especially when you are frustrated and want to do something about the pain.

However, joints are complex with many different structures that can cause pain and many exercises you see online may well be unsuitable for your specific problem.

Here at EQ Physio we tailor your exercise rehabilitation to your specific circumstances using a three-stage goal-based program of care to guide your recovery.



Final Word

Choosing a treatment approach can be hard and there is a lot of sometimes confusing information out there.

Hopefully you have found this information pack useful.

Still have questions? Why not take us up on our free offer?

Book a FREE Telephone Consultation.

If you are unsure if physiotherapy is the right option for your specific problem, want to know more about what physiotherapy could do for you or just want to speak to a professional about your problem, call us today to arrange a FREE telephone consultation.

One of our highly qualified team will then be in contact to discuss your specific injury.

For appointments please call : (905)-599-6478