

Our highly skilled podiatrists

are registered with the Health Care Professionals Council (HCPC) and members of the College of Podiatrists. The practice is accredited by the College of Podiatrists (CoP).

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(Practice Owner)

Lesley Walker
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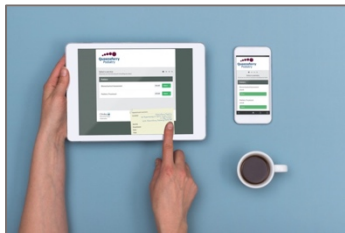
Angela Miller
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Online booking on our Facebook page or website:

www.queensferrypodiatry.com

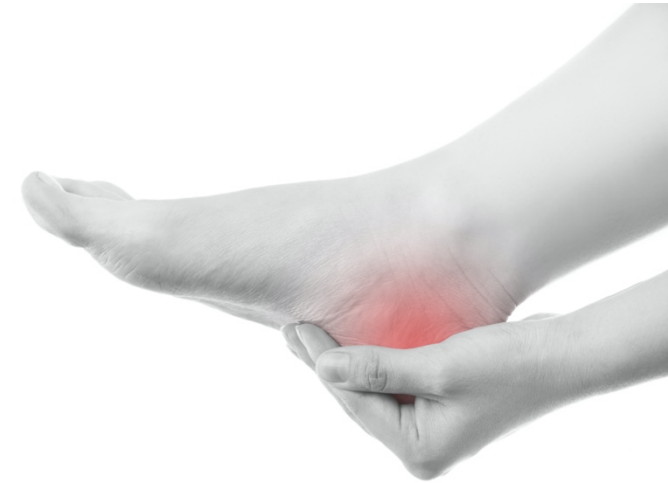


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Professional and caring podiatrists

Bursitis



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Treatment Advice



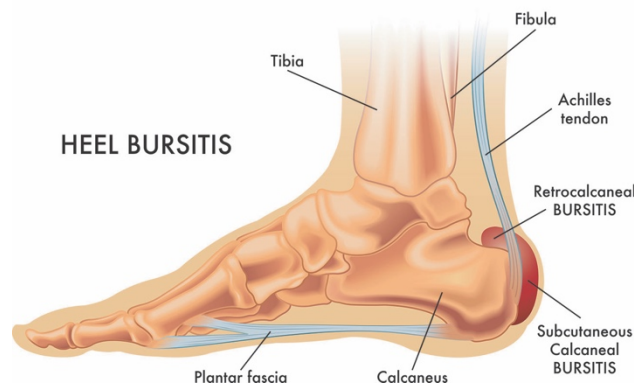
www.hcpc-uk.org



What is Bursitis?

Bursitis is the inflammation and swelling of a bursa. A bursa is a fluid-filled sac which forms under the skin, usually over the joints, and acts as a cushion between the tendons and bones, it is basically like a blister, but one that sits deep to the skin.

It can occur across the body in the hip, elbow, knees as well as feet, in the feet bursitis is commonly found at the back of the heel, under the heel, and at the side of a bunion.



What causes it?

Bursitis can often develop due to injury or repetitive movement. Your risk of developing bursitis is increased if you regularly take part in physical activities that involve a lot of repetitive movement, so running can lead to development of a bursa in the ankle or foot.

Less commonly, bursitis can develop as a result of an infection or as a complication of certain other pre-existing conditions, such as gout or rheumatoid arthritis.

What can help?

To prevent development there are several small things that can have a big impact. If you run or walk regularly, make sure your walking or running shoes fit properly and are supportive.

If you continue having problems with your shoes, a podiatrist will be able to provide a more expert opinion and look at your gait (a person's manner of walking).

Heel bursitis symptoms usually improve within about eight weeks with home treatment. If you want to stay active during this time, try an alternative, low-impact activity, such as swimming.

Treatments

Heel bursitis usually responds well to home treatments. These include: resting your heels and ankles, elevating your feet, icing the area around your heels several times a day, taking over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and wearing a shoe with a slightly elevated heel.

If home treatments don't help, your doctor may recommend aspirating the bursa or steroid injection if it's safe to do so. They'll consider the risks of a steroid into this area, such as rupture of the Achilles tendon.

In severe cases, surgery may be recommended to remove the affected bursa, particularly where septic bursitis does not respond to antibiotics. Surgery either involves removing the bursa completely or making an incision in your skin and draining the fluid out of the bursa.

What happens if I leave it untreated?

The pain can often improve within a few weeks, but the swelling may take longer to completely disappear. Exactly how long it takes to recover may depend on where the bursitis is and whether it was caused by an infection.

If it is an infection it could be septic bursitis, this can lead to additional symptoms, such as; a high temperature or fever, you may start getting flu-like shivers or an infection of the deeper layers of the skin and an accumulation of broken skin over the affected area.