Chiro Clinic
MONCTON

SUBACROMIAL BURSITIS OF THE SHOULDER

Subacromial bursitis is a condition characterized by tissue damage and inflammation of the subacromial bursa (a small fluid filled sac located beneath the bony prominence at the top outer aspect of the shoulder) causing pain in the shoulder.

The shoulder joint is a ball and socket joint. The socket arises from the outer aspect of the shoulder blade, whilst the ball arises from the upper aspect of the humerus (upper arm bone). Just above the ball and socket joint of the shoulder is a bony prominence known as the acromion. Beneath the acromion lies a bursa known as the subacromial bursa. A bursa is a small sac filled with lubricating fluid and is designed to reduce friction between adjacent soft tissue or bony layers. The subacromial bursa reduces friction between the bony prominence of the acromion (above the bursa) and the tendon of the supraspinatus muscle (which attaches to the upper aspect of the humeral head) below the bursa.

During certain activities, such as arm elevation, rotating the shoulder, lifting, pushing or pulling or lying on the shoulder, friction and compressive forces are placed on the subacromial bursa. Pressure may also be placed on the subacromial bursa following a direct impact or fall onto the point of the shoulder, elbow or outstretched hand. When these forces are excessive due to too much repetition or high force, irritation and inflammation of the bursa may occur. When this occurs, the condition is known as subacromial bursitis. Subacromial bursitis often occurs in association with other conditions of the shoulder such as a rotator cuff tear, tendinopathy, shoulder impingement, or shoulder instability.

Patients with this condition typically experience pain at the top, front, back or outer aspect of the shoulder. Pain may also radiate into the upper arm as far as the elbow. In less severe cases, patients may only experience an ache or stiffness in the shoulder that increases with rest following activities placing strain on the bursa. These activities typically include arm elevation activities, use of the arm in front of the body or overhead, shoulder rotating activities, lifting, pushing or pulling, placing weight through the arm or lying on the affected side.

How our experts can help:
Depending on the findings of the history and patient examination, the chiropractor will recommend an individualized plan of management. The treatment options may include:

- Patient education and reassurance
- Soft tissue therapy of associated structures
- Modalities including electrical stimulation, acupuncture, ultrasound etc.
- Rehabilitation and exercises
- Ergonomic and lifestyle changes
- Referral and co-management

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TROCHANTERIC BURSITIS OF THE HIP

Trochanteric bursitis is a condition characterized by tissue damage and inflammation of the trochanteric bursa (a small fluid filled sac located at the outer aspect of the hip) causing pain in the hip. The femur (thigh bone) has a bony process at the top of the bone known as the greater trochanter. This bony prominence is a point of attachment of several gluteal muscles and forms the outer most point of the hip. The gluteal muscles originate from the pelvis and insert into the top of the femur (thigh bone) overlying the greater trochanter. Between the gluteal muscles and the greater trochanter lies a bursa known as the trochanteric bursa. A bursa is a small sac filled with lubricating fluid and is designed to reduce friction between adjacent soft tissue layers.

The gluteal muscles are primarily responsible for moving the hip and stabilizing the pelvis during activity and are particularly active during walking, running, jumping, climbing stairs, lunging and squatting. During contraction of the gluteals, friction is placed on the trochanteric bursa. Pressure may also be placed on the trochanteric bursa following a direct impact. When these forces are excessive due to too much repetition or high force, irritation and inflammation of the bursa may occur. This condition is known as trochanteric bursitis.

Trochanteric bursitis most commonly occurs due to repetitive or prolonged activities placing strain on the trochanteric bursa. This typically occurs due to repetitive running or walking, jumping, squatting, lunging activities or due to prolonged pressure on the bursa (such as excessive side-lying particularly on hard surfaces). Occasionally, the condition may occur suddenly due a direct blow to the point of the hip, such as a hard fall.

Patients with this condition typically experience pain in the outer aspect of the hip. Pain may also radiate down the outer aspect of the thigh as far as the knee. In less severe cases, patients may only experience an ache or stiffness in the hip that increases with rest following activities placing strain on the bursa. These activities typically include side lying excessively (especially on hard surfaces), running, jumping, climbing stairs, sitting cross legged, getting in and out of the car or walking excessively.

How our experts can help:
Depending on the findings of the history and patient examination, the chiropractor will recommend an individualized plan of management. The treatment options may include:

- Patient education and reassurance
- Soft tissue therapy
- Modalities including electrical stimulation, acupuncture, ultrasound etc.
- Rehabilitation and exercises
- Ergonomic and lifestyle changes
- Referral and co-management if needed