

BURSA INJECTIONS

What is a bursa injection?

A bursa is a cushion that helps muscles and tendons glide over bones. When a bursa becomes inflamed, it can cause pain in various regions of your body. A bursa injection relieves pain by delivering steroids to the inflamed and agitated tissues.

What to expect:

For a bursa injection, the provider will apply local anesthetic to the affected area. The provider will then use a small needle under ultrasound guidance to target the affected area and inject a steroid medication to soothe inflammation. Typically a patient will feel relief within 2-3 days after the injection.



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What does a bursa injection treat?

Bursa injections treat pain in various areas of the body:

- ◆ Shoulders
- ◆ Knees
- ◆ Hips
- ◆ Elbows

If you haven't found relief from oral medications, chiropractic care, physical therapy, or other treatments, you may be a strong candidate for a bursa injection.

Ask Your Synergy Team

If you have questions regarding this or any other treatment option, just ask! Synergy brings together the best from multiple disciplines to provide a variety of treatment options. You have a team of specialists, focusing on your unique condition, and working together to develop the best possible solution.

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