

# Injuries



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Running Head: Injuries Injuries [Institute's Injuries People suffering from repetitive motion injuries exist in great number since this one of the most common diseases found around the globe. Many of these injuries are caused by activities in day-to-day living and this injuries result in the reduction of the work force. In human body, there is a fluid called bursa sac, which exists between the joints of the body, in order to smooth out movements and minimize the friction. Inflammation of this liquid result in one of the most common repetitive motion injuries called Bursitis (Vigorita et al., 2007). Bursa is never inflamed on its own but when it is used for a long period, or there is an injury on a joint that exerts a pressure on it, then it inflames. Over usage and injury also causes the sac to fill with extra fluid that exerts pressure around its surrounding tissue. This pressure causes pain and inflammation of the sac and swelling. Age factor plays a vital role in causing Bursitis. Bursitis is mainly caused in shoulders because shoulders have most frequent motion than any other body part. However, the pain caused is aggravated after a night's sleep that hinders the flow of normal activity. Other areas where these is a great chance of bursitis are " elbows, hips, knees and base of thumb" (Vigorita et al., 2007). The treatments of Bursitis include many methods but the most common ones are icing, use of inflammatory medicines, physical therapy, and rest. These four methods not only relieve the pain but also reduce the swelling. According to Orthopedic Pathology, " treatment of bursitis includes usage of NSAIDs. Aspiration and bursectomy are options for more chronic conditions. Intrabursal tetracycline should be used in chronic olecranal bursitis" (Vigorita et al., 2007).

References Vigorita, V. J., Ghelman, B., & Mintz, D. (2007). Orthopaedic Pathology. Lippincott Williams & Wilkins.

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