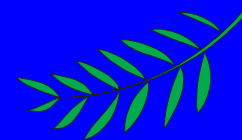


# Shoulder Bursitis/Tendonitis



**S**houlder bursitis/tendonitis is a common overuse injury in swimming, baseball and other sports when the arm is used in an overhead motion. The pain occurs when the arm is lifted overhead or twisted and is usually felt at the tip of the shoulder and down the deltoid muscle into the upper arm. When pain is severe, it will be present all the time, and it may even wake you from a deep sleep.

**Bursitis:** occurs when the bursa becomes inflamed and painful as surrounding muscles move over it.

**Tendonitis:** occurs when tendon sheaths surrounding and lubricating the tendons become inflamed, swollen, and tender.

## CONTRIBUTING FACTORS

- Overuse-repetitive overhead motions are the most common cause of the problem
- Weak muscles-when the muscles are weak, more force is exerted on the tendons and bursa, causing inflammation and pain
- Improper/inappropriate swimming or throwing techniques
- Strenuous training-one hard throw may start the problem
- Previous injuries to the shoulder
- Loose shoulder joint

## TREATMENTS

- Rest is the first treatment for shoulder bursitis/tendonitis.
- Avoid doing things that hurt or make the pain worse the next day.
- Apply an ice bag (over a towel) to your shoulder at least twice a day for 30 to 60 minutes. Always apply ice for 15 minutes after using your arm.

- A program of home exercises to strengthen your shoulder may help to prevent reinjuring the area.

Often a doctor may prescribe anti-inflammatory medication such as ibuprofen. An injection of cortisone into the shoulder may be recommended for more severe cases; it is usually a treatment to supplement other therapy.

## Returning to Sports

**General principles.** In severe cases all sports using the arm should be avoided. When you go back to your sport, go back slowly. Warm-up well and do range-of-motion exercises. Avoid the football-throwing position and do not play for a long period of time. Slowly increase the intensity of your game.

(OVER FOR SHOULDER EXERCISES)



## HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)

[www.unh.edu/health-services](http://www.unh.edu/health-services)

