

# Tendonitis/Bursitis

## What is Tendonitis?

Tendinitis is inflammation or irritation of a tendon. Tendons are the thick fibrous cords that attach muscles to bone. They function to transmit the power generated by a muscle contraction to move a bone.



## What is Bursitis?

Bursitis is inflammation or irritation of a bursa. Bursae are small sacs located between bone and other moving structures such as muscles, skin or tendons. The bursa allows smooth gliding between these structures.

Since both tendons and bursae are located near joints, inflammation in these soft tissues will often be perceived by patients as joint pain and mistaken for arthritis. Symptoms of bursitis and tendinitis are similar: pain and stiffness aggravated by movement. Pain may be prominent at night. Almost any tendon or bursa in the body can be affected, but those located around a joint are affected most often. Tendinitis and bursitis are usually temporary conditions, but may become recurrent or chronic problems. Unlike arthritis, they do not cause deformity, but can restrain motion.