

Elbow Bursitis (Olecranon Bursitis)

What is it?

Inflammation of bursae located in elbow

What causes it?

Continuous pressure on, or direct, forceful trauma to tip of elbow

Symptoms

Pain, swelling, restricted movement

Top Tips

Rest and ice as soon as possible. Seek medical advice about anti-inflammatories if pain is moderate to severe.

How to Treat it

Rest. Ice, anti-inflammatories and painkillers. Avoid pressure on tip of elbow.



Rehab

Avoid putting pressure on elbow. Support/brace. Draining bursa of excess fluid. Potential cortisone injections from medical professional. Gentle stretching and mobility exercises.

Definitions

Bursae – small, fluid-filled sacs located adjacent to tendons and joints to assist with lubrication and smooth, pain-free movement

Cortisone injections – help to relieve inflammation and pain. Commonly injected into joints.

Associated Conditions

- Elbow Strain
- Triceps Brachii Tendon Rupture
- Tennis Elbow (Lateral Epicondylitis)
- Golfer's Elbow (Medial Epicondylitis)
- Thrower's Elbow

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