

Bursitis is a painful condition caused by inflammation of the bursae, the small fluid-filled pads that act as cushions among your bones and the tendons and muscles near your joints. Therapeutic massage not only helps manage the associated pain, but increases blood flow and removes toxins from the bursae.

So, What Exactly is a Bursa?

A bursa is a closed, fluid-filled sac whose function is to cushion and provide a gliding surface to reduce friction between tissues of the body around joints. The major bursae (bursae is plural for bursa) are located adjacent to though there are hundreds of them throughout the body.

When the bursa becomes inflamed, the condition is known as bursitis.

Once a bursa becomes irritated and inflamed, recovery time can be a surprisingly long process requiring a change in activity for a half year or longer to allow the bursa to heal. It can be next to impossible at times to keep from re-injuring the bursa because it's just not possible to stop everything and immobilize the joint properly. Everyone has demands on them that keep them going and in the process a bursitis injury can be prevented from healing. What ends up happening is that we continually irritate the injured bursa, prolonging the healing time more and more as we do so.

High-quality Therapeutic Treatments To Heal a Bursitis Injury:

- Therapeutic massage techniques which flushes toxins from inflamed tissue
- Oils which decrease inflammation aids in healing
- Heat and or cold treatment increase blood flow to the injured bursa

Massage Treatment for Bursitis helps by:

- Healing your inflamed bursae injury faster
- Quickly decreasing bursitis pain to a manageable level
- Healing more completely without internal scar tissue
- Progressively increasing your range of motion