

Understanding Your Diagnosis

Bursitis occurs when the small, fluid-filled sacs (bursae) that cushion the bones, tendons, and muscles near your joints become inflamed. This is common in the **shoulder (subacromial)**, **hip (greater trochanteric)**, and **pelvis (ischial)**. When a bursa is irritated, even simple movements can cause sharp pain, localized swelling, and a "catching" sensation that limits your mobility.

The Treatment: Therapeutic Bursa Injection

A bursa injection is a targeted, minimally invasive procedure designed to "put out the fire" of inflammation. We deliver a concentrated blend of local anesthetic and a powerful anti-inflammatory (steroid) directly into the inflamed bursa. By treating the source of the irritation, the medication reduces swelling and allows the surrounding tendons and muscles to glide smoothly again.

Our Approach: Precise Anatomical Targeting

At Abilene Pain, our independent and patient-centric model ensures that we don't rely on guesswork. Dr. Pugh utilizes Ultrasound guidance to visualize the bursa in real-time. This ensures the medication is delivered precisely into the thin bursal sac, rather than the surrounding tissue. This high level of accuracy leads to more effective relief and a faster return to your daily activities.

Procedure Day Highlights:

- Performed using Real-Time Imaging to ensure 100% accuracy.
- Minimal discomfort; we utilize local numbing for a comfortable experience.
- The entire procedure typically lasts about 10 minutes.
- You will be able to walk out and resume light activities immediately.

Benefits

- **Direct Anti-Inflammatory Effect:** Rapidly reduces the swelling causing your pain.
- **Break the Pain Cycle:** Relieves the irritation that often prevents successful physical therapy.
- **Targeted Recovery:** Provides a non-surgical solution for localized "bumping" or "rubbing" pain in the joints.

Recovery

- **Immediate relief** from the local anesthetic lasts for several hours.
- Anti-inflammatory medication takes 2 to 5 days for full effect.
- After inflammation decreases, we'll help identify underlying mechanical issues to prevent bursitis recurrence.

Nicolas Pugh, MD | **Adrianne Anders, NP** | **Ted Chaka, PA**

Abilene Pain Locations

Main: 1925 Hospital Drive

Chaka: 6819 Memorial Dr. Ste B

Contact Numbers

Main: 325-326-3433

Chaka: 325-468-8096

Online

Email: info@abilenepain.com

Web: www.abilenepain.com

Procedure Summary: Bursa Injection

You have undergone a Bursa Injection, a targeted procedure designed to treat inflammation in the small, fluid-filled sacs that cushion your joints. We have delivered a concentrated blend of local anesthetic and a powerful anti-inflammatory steroid directly into the bursa to reduce swelling, "mute" pain signals, and restore smooth movement in the affected area.

Activity Restrictions

- **Driving:** No driving for 24 hours if you had IV sedation.
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The Window:** You may feel immediate, temporary relief for several hours due to the local anesthetic.
- **The Flare:** Expect a potential temporary increase in localized soreness or a "bruised" sensation for 2–5 days as the steroid takes effect.
- **Management:** Use ice packs (20 min on/off) for localized soreness.
- **Results:** Peak clinical relief typically occurs between 3 to 7 days post-injection.

Red Flags

- New or worsening leg weakness, numbness, or "**foot drop**."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site**.
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **1 Month:** Formal functional assessment of procedural efficacy.

Blood Glucose

If receiving a steroid injection, expect a temporary rise in blood glucose levels, which usually resolves within a few days. Diabetic patients should monitor their sugar levels closely for 48–72 hours post-procedure.

Nicolas Pugh, MD | **Adrianne Anders, NP** | **Ted Chaka, PA**

Abilene Pain Locations

Main: 1925 Hospital Drive

Chaka: 6819 Memorial Dr. Ste B

Contact Numbers

Main: 325-326-3433

Chaka: 325-468-8096

Online

Email: info@abilenepain.com

Web: www.abilenepain.com