

# Tendonitis and Bursitis

## What is tendonitis and bursitis?

Tendonitis is an inflammation of tendon or small tear in a tendon - the fibrous tissue that connects muscles to bones. Bursitis is an inflammation of the bursa - sacs of fluid around the joint that cushion the muscle, bone and ligaments from friction when the joint moves.

## Causes/risk factors:

### *What Causes Tendonitis and Bursitis?*

Both conditions often occur with repetitive physical activity, as is common with sports such as tennis, swimming, golf and baseball as well as manual labor. Tendonitis can also be caused by infections such as gonorrhea and rheumatoid arthritis.

## Diagnosis:

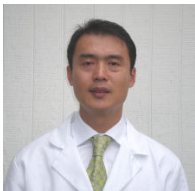
Dr. Peng diagnoses by reviewing a patient's medical history evaluating their symptoms and examining the affected area, questions about sports and other physical activities.

## Treatment:

For these two problems Dr. Peng is been using the Chinese herb patch to treat them. The anti inflammatory herb patch can reduce the swelling and pain in one or two treatments. It is very important for this treatment to avoid any physical activities.

## Prevention:

- Avoid tendonitis by warming up before exercising; avoid high intensity of an exercise routine because doing so can irritate or tear the tendons.
- Comfortable athletic shoes can help prevent tendonitis of the Achilles tendon and knees.
- To prevent bursitis, avoid moving the same joint over and over again for prolonged period of time
- Use protective gear when engaging in manual work and other activities that put ongoing pressure on a joint, for example, wear knee pads while working in the garden.



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