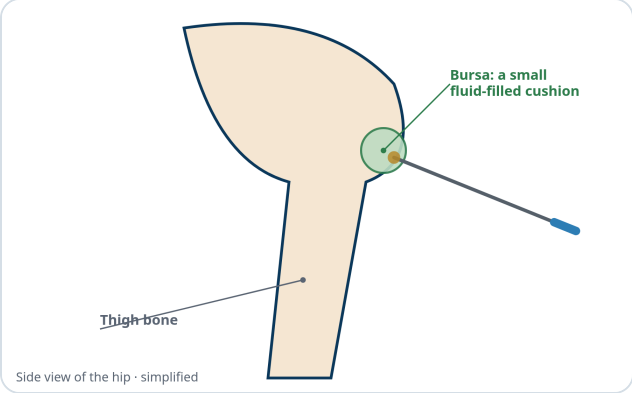
PATIENT BROCHURE · GARDEN STATE MEDICAL CENTER

Bursa injections

A bursa is a small fluid-filled sac that reduces friction between tissues such as bone and tendon. When a bursa becomes inflamed (bursitis), it can cause pain and tenderness. A bursa injection places a corticosteroid and numbing medicine into the inflamed bursa. It is often combined with activity changes, stretching and strengthening.

At GSMC: all GSMC providers evaluate patients and help decide which options may fit, at any of our 7 offices. Results vary.



What it is

The clinician cleans the skin and uses landmarks or ultrasound guidance to place a needle into the bursa and inject the medication.

Who it may help

- Hip (trochanteric), shoulder (subacromial), knee or elbow bursitis
- Pain that has not improved with rest, ice and therapy

Your exam and imaging decide whether this treatment is appropriate for you.

What to expect

1. **Before:** an exam and, if needed, ultrasound.
2. **During:** a short office procedure.
3. **After:** limit strenuous use of the area for a day or two.

Recovery

Mild soreness for a day or two is common. Your instructions may differ.

Risks

Every procedure has risks. Your physician will review them with you, including:

- Temporary pain flare
- Skin thinning or lightening at the site
- Infection (rare)
- Temporary rise in blood sugar

Questions people ask

How quickly will I feel better? The numbing medicine works quickly. The steroid may take several days.

How often can I get a bursa injection? Usually no more than a few times a year in the same area.

Is bursitis the same as arthritis? No. Bursitis affects the bursa, not the joint cartilage, although both can occur together.

Insurance and cost

GSMC participates with all Aetna plans, including Aetna HMO, and many other plans. Coverage depends on your plan and may need prior authorization. Our team checks your benefits before treatment.

When to call us: fever or chills; redness, swelling or drainage where a needle or device was placed; new or worse pain, numbness or weakness. **Call 911** for chest pain, trouble breathing, or sudden loss of bladder or bowel control.

Call 732-202-3000

One number for all 7 GSMC offices:

Toms River · 1314 Hooper Ave, 1st Floor
Brick · 1608 NJ-88, Suite 102
Whiting · 1100 NJ-70, Entrance B
Barnegat · 249 S Main St, Suite 5
Manahawkin · 1109 Beacon Ave
Freehold · 322 Professional View Dr, 300 Bldg, 2nd Fl
West Long Branch · 100 NJ-36, Suite 1K

gsmedicalcenter.org/treatments/bursa-injections/

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