

Bursitis Massage Treatment

Acute

Positioning - is for comfort so the bursa is not compressed. The limb should be comfortably elevated

Hydro - cold to the affected bursa. The application should not be heavy so it cant compress the bursa.

Treat compensatory structures - Effleurage and petrissage, muscle stripping and trigger points.

Lymphatic drainage techniques are applied proximal to the affected area if there is any swelling present.

Effleurage, petrissage and trigger points in the proximal muscles are treated with muscle stripping and gentle ischemic compressions.

GTO and O and I techniques are used only to the attachments that are not local to the bursa. Segmental petrissage is used TOWARDS the bursa. Do not put drag on the bursa.

NO ON SITE WORK

Gentle joint play is used to decrease the spasm on the muscles surrounding the bursa

Stroking and gentle muscle squeezing are applied distal to the area

Pain free passive relaxed and active assisted ROM interspersed throughout the treatment.

Chronic

Positioning – is for comfort so the bursa is not compressed. The limb should be comfortably elevated

Hydro – deep moist heat. Contrast application is used after treatment to increase circulation

Treat compensatory structures – Effleurage and petrissage, muscle stripping and trigger points.

Fascial techniques to treat muscles crossin the bursa – skin rolling, cross hand spreading and finger tip spreading. Connective tissue cutting and longitudinal fingertip spreading can also be used

Effleurage and Petrissage are used on agonists and antagonists

Trigger points and taut bands in agonists and antagonists are treated with muscle stripping

Attachments of the surrounding muscles are treated. All petrissage is directed towards the bursa

Pain free passive relaxed ROM of the affected joints are interspersed

Frictions to adhered structures surrounding the bursa may be used. Followed by a stretch for 30 seconds and ice up to 5 minutes.

Repetitive effleurage and petrissage are used on the distal limb

Joint play for any hypomobile joints

The treatment is finished with effleurage to the entire limb.