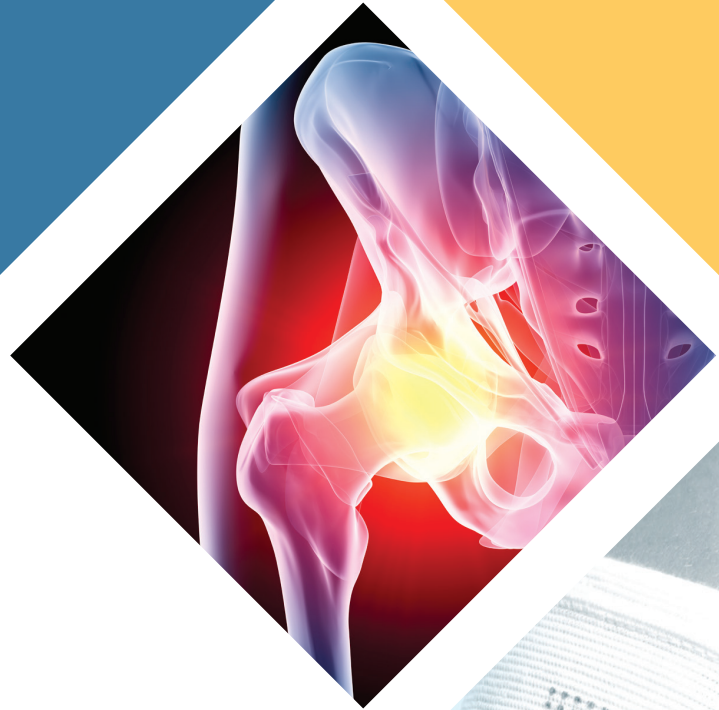


Bursitis isn't just for grandma



Getting regular physical activity is definitely good for you. But what happens when activity triggers sore, aching, and swollen joints?

The problem could be bursitis, which occurs when the bursae (those fluid-filled sacs that surround and cushion joints) become irritated, often causing pain when you move. Sometimes an infection develops.

To help relieve bursitis pain, apply ice for 15 minutes, 3 to 4 times a day for the first 2 to 3 days. Rest the joint and avoid sleeping on the side that has bursitis.

