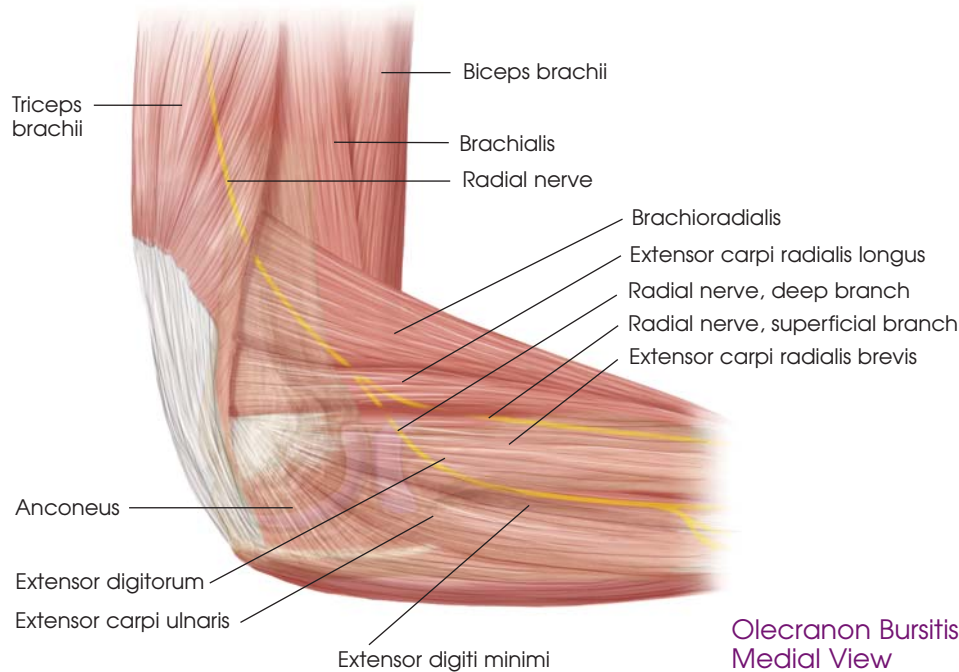
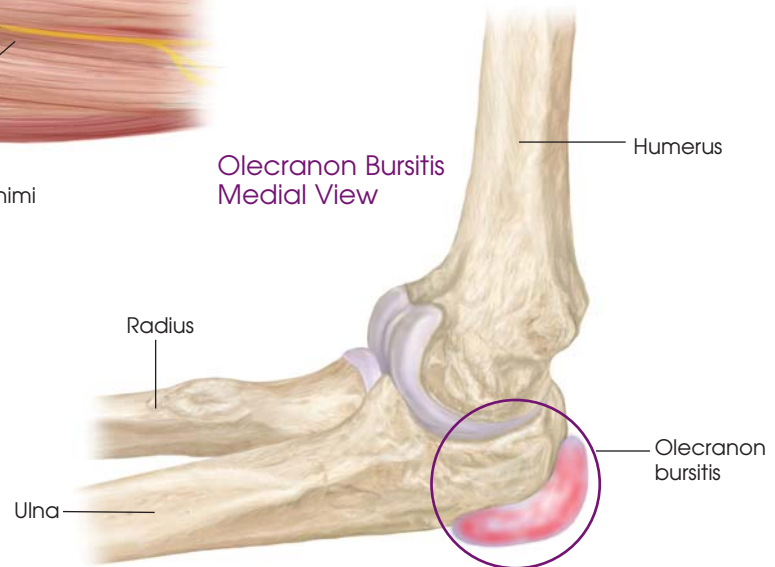


Elbow (Olecranon) Bursitis

Normal Elbow Anatomy, Lateral View



Olecranon Bursitis Medial View



Olecranon Bursitis occurs when the fluid-filled cushion (the bursa) at the point of the elbow (the olecranon) becomes inflamed or irritated. Symptoms include swelling and pain when bending or straightening the elbow. Olecranon bursitis is due to repeated falls, prolonged pressure on the elbow, infection or may be related to a history of rheumatoid arthritis.

Common Treatment Options

- Ice the area for 20-30 minutes every 3-4 hours for 2-3 days or until the pain and swelling goes away.
- Wrap the elbow in an elastic bandage to prevent further swelling.
- Wear elbow pads to prevent the injury from recurring.
- Take anti-inflammatory medications such as ibuprofen or naproxen.
- Your health professional may remove excess liquid from the bursa with or without a steroid injection.
- Surgery to remove the bursa may be recommended.

