



## Olecranon Bursitis

This is a fluid-filled sack in the back of the elbow prominence, which acts as a cushion.

The bursa can swell and become painful. The causes are:

- Traumatic – overuse, direct injury.
- Inflammatory
- Infective

Usually painless, however if painful, then medical attention should be sought. Depending on the symptoms and signs, investigations might be needed. These include blood tests for infection and inflammatory diseases and an x-ray to exclude bone involvement in the infection process (osteomyelitis).

Mild inflammation can be treated conservatively by keeping the elbow straight, cold compressions and a course of anti-inflammatory. In mild infection, aspiration with antibiotic cover might be needed.

Surgery might be needed:

- In severe infection, with collection of pus, incision and drainage might be needed
- In chronic cases excision might be needed. This is especially the case in cases associated with the gouty tophi.