Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Injection into Bursa

Version number: **9**
Last modified date: **12th November 2026**

Injection Into Bursa

Patient Information

Trauma & Orthopaedics

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What is a Bursa?

A bursa is a thin fluid filled sac found near joints and between muscles and soft tissues; its purpose is to minimise friction between the tissues. Large bursa can be found in the shoulder, hip and knee. Sometimes the bursa can become inflamed and swells causing pain, particularly on movement. The cause can be due to arthritis, infection or overuse of a particular joint and is known as Bursitis.

The treatment options

Your doctor or health care professional may initially advise you to rest the affected area and prescribe pain relieving medication. Physiotherapy may also be arranged. If these methods of treatment do not improve the pain, then a steroid injection into the affected area may be suggested. The injection may take place in the operating theatre, outpatient or x?ray departments, this will be at the discretion of the Consultant's team

Benefits of the injection

- Pain relief
- Improvement in movement of the affected joint / limb

Complications

As with all surgical procedures complications may occur, some are minor, and in rare cases some are serious and can be life threatening.

The risks involved with this procedure include:

- Failure of the procedure to have any beneficial effect
- Increase in pain which can be temporary or permanent
- Numbness of the injection site
- Bleeding or bruising at the injection site
- Allergic reaction

An explanation of the procedure and any risks involved will be discussed with you beforehand. If you are unsure or worried about any part of the treatment, please ask a member of the healthcare team.

After the injection

The effect of the injection and how long it lasts may depend on the cause of the bursitis. You should be advised to rest the treated area for up to 48 hours. An appointment to return to the outpatient clinic or a telephone review will be arranged to evaluate your progress.

Wrightington Hospital Contact telephone numbers:

Monday to Friday

Ward 1 01257 256272 7am until 7pm

D Ward 01257 256269 7am until 7pm

Orthopaedic Admissions Unit (OAU) 01257 256219 9am until 5pm

Out-patient Department 01257 256299 9am until 5pm



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