



**RAMA**  
**UNIVERSITY**

[www.ramauniversity.ac.in](http://www.ramauniversity.ac.in)

**FACULTY OF NURSING**



RAMA  
UNIVERSITY

## *MUSCLE SPASM & BURSITIS*

Mr. M.Raghavendran M.Sc(N)  
Professor  
MSN Dept

# *MUSCLE SPASM*

- They are common condition often associated with sports and excessive everyday activities.

# *Clinical Manifestations*

- Pain
- Palpable
- Tense and firm muscle mass
- Diminished ROM, if a joint is involved.

# *Diagnostic Evaluation*

- History Collection and
- Physical Examination

# *Treatment*

- *Drug Therapy:*
  - Analgesics
  - NSAIDs and
  - Skeletal Muscles Relaxant.

## Cont...

- *Physical Therapy:*
  - Hot or Cold Compress
  - Supervised Massage
  - Hydrotherapy
  - Ultrasound
  - Manipulation and
  - Bracing.

# *BURSITIS*

- Bursae are closed sacs that are lined with synovial membrane that contain a small amount of synovial fluid.



## *Causes*

- Bursitis results from
- Repeated or excessive trauma or friction
- Gout
- Rheumatic Arthritis or Infection

## *Risk Factors*

- Repetitive Kneeling
- Jogging in worn-out shoes
- Prolonged sitting with crossing legs are common precipitating factors.

# *Management*

- Rest
- Icing the area
- NSAIDs and
- Inj. Corticosteroids
- Surgery
  - Bursectomy