



Bursitis isn't just for grandma

Hey, activity is good for you. But what happens when activity triggers sore, aching, and swollen joints?

The problem could be bursitis—that's what your grandmother used to call it. Bursitis occurs when the bursae (those fluid-filled sacs that surround and cushion joints) become irritated or infected, often causing pain when you move. Sometimes an infection develops.

