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# Bursitis

## Work Related Upper Limb Disorder Guides

### 1 What's Bursitis?

This is where the bursa – a sac full of fluid found in bits of the body like the knees, elbows and shoulders – become inflamed. The bursa is designed to help muscles and tendons move in separate directions without causing friction. Bursitis occurs where repetitive movements of the joints are involved.

Your chances of developing bursitis increase if you have to spend a long time kneeling down or resting on your elbows at work or carry out tasks where you have to use your wrist, forearms or elbows a lot. Twisting, pulling and gripping all contribute to it, so if you're a carpenter or musician for example, you could develop bursitis as a result of your work.

### 2 What Can I Do?

Don't suffer in silence. Keeping quiet can make things worse, both for you and your employer. RSI is as serious as any other work-based accident or incident, and you could miss out on compensation if your employer's been negligent in any way.

Companies will have insurance in place for situations like this and they'll have their own solicitor to fight their case. It doesn't matter how long you've been there either; your rights remain the same.

If you believe you have developed RSI as a result of your work and your employer has been negligent, you could be entitled to compensation. If you'd like to discuss your situation, you can call us on  
0800 122 3130