Bursitis

**Assessment:**
Patient presents with localized pain, swelling, and tenderness over the bursa in the affected joint, consistent with bursitis. Symptoms are exacerbated by movement and pressure. Differential diagnoses include tendinitis, arthritis, and soft tissue injuries.

**Plan:**
Initiate treatment with rest and activity modification to avoid aggravating the affected area. Recommend ice application for 15-20 minutes several times daily to reduce swelling. Consider NSAIDs (e.g., ibuprofen) for pain relief and inflammation. Educate the patient about the importance of gradual return to activities and potential physical therapy for strengthening. Schedule a follow-up in 2-4 weeks to assess progress and consider further imaging or referral if symptoms persist. Document the response to treatment at the next visit.