

# Synovitis Treatment Guidelines Handout

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Synovitis is the inflammation of the synovial membrane, the protective lining of the joints. This inflammation can cause joint pain, swelling, warmth, and stiffness, often worsening in the morning.

## Symptoms

Symptoms of synovitis can include:

- Joint pain
- Swelling
- Warmth around the joint
- Stiffness, especially in the morning or after prolonged rest

If left untreated, synovitis can lead to long-term joint damage and potentially chronic arthritis. Therefore, prompt treatment is important for managing symptoms and preventing further complications.

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## Common causes

Synovitis can be caused by a variety of factors including:

- Injury or trauma to the joint
  - Infection
  - Autoimmune disorders such as rheumatoid arthritis or lupus
  - Overuse or repetitive motions in the joint
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## Treatment options

The treatment for synovitis will depend on the underlying cause and severity of symptoms. Some common treatment options include:

- **Rest:** Giving the affected joint time to rest and heal can help reduce inflammation and pain.
- **Ice:** Applying ice packs to the affected joint can help reduce swelling and discomfort.
- **Medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen can help alleviate pain and reduce inflammation. In some cases, corticosteroids may be prescribed for more severe symptoms.
- **Physical therapy:** gentle exercises and stretching under the guidance of a physical therapist can improve the range of motion and strengthen the joint.
- **Joint aspiration:** If excessive fluid builds up in the joint, a doctor may perform a procedure to drain the fluid and relieve pressure on the joint.
- **Surgery:** In some cases, surgery may be necessary to remove damaged tissue or repair any underlying issues causing synovitis.