

Synovitis Treatment Guidelines Handout

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.

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.