

HOW TO DECREASE THE RISK OF A BROKEN LEG IN INFANTS ON THE PLAYGROUND

Coming Soon

Seeing a physical therapist for neck pain is clinical proven to be effective.

When I read this article, my thought was if just one person benefits from this, it makes it all worthwhile. Therefore, below I am sharing some good clinical research done on kids and slides. Yes, playground equipment! Bear with me, read it quickly, and please pass it along.

Pediatric doctors looked at fractures (bone breaks) in the tibia (bone between the knee and ankle) of infants on playground equipment.

What they found is that when infants go down a slide on the lap of a parent and injury occurred, often times it was a broken leg.

Specifically, the authors stated, "Many parents believe they are increasing the safety of their young child by placing the child on their lap while going down a playground slide. Parents should be educated not to go down a slide with a child on their lap. If the child is unable to use the slide independently, another activity would be more appropriate."

Broken bones in infants are extremely rare, but I hope that this information is helpful and you can share it with a new mom that might benefit from this study and save both mother and child the pain and distress of a broken leg.

for the reference.

Click here

<http://www.ncbi.nlm.nih.gov/pubmed/19700991>

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4151 W. Orleans Street
McHenry, IL 60050
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