



Ortho-One Orthopaedic Speciality Centre

Updates July 2020

Kids Injury Prevention

Covid-19 pandemic has brought many changes in our lifestyle. One significant change happens to be the constant presence of



energetic kids at home, which at times result in serious injuries while playing. Some injuries can be unintentionally fatal whereas others can be intentionally non-fatal. Some fatal injuries occur in children below 18 years. It includes motor vehicle crashes, drowning, fire, burns, suffocation etc. Non-fatal injuries resulting in hospitalization include fall, food poisoning, bicycle and pedestrian related injuries.

Around 56% of injuries are treated in the Emergency Department for fractures and even surgery. 75% of injuries are related to playground equipment in public areas, which mostly occurs in the recreation area or school premises.

Following are the causes of frequent injury in different age groups:

0 to 4 years are injured on swings and slides.

5 to 14 years are injured on swings, monkey bars and climbing equipment. Some of them sustain traumatic brain injury more frequently at school.

Here are few ideas to prevent such episodes:

Check the playground to ensure there are soft materials such as sand or mulch where the swings, slides and monkey bar, etc are. Soft material like sand or Mulch provide a soft landing for children when they fall. Make sure the guardrails in the play equipment are in good condition. Always place instruction boards in the playground and follow strictly. Adult supervision is mandatory for infants and toddlers.

Regarding bicycle injuries the common risk factors are the behavior pattern of the bicyclist, lack of safety use, and inappropriate environment.

In the USA, the highest rate of bicycle related hospitalization, happens between the ages of 10 to 13 years for both boys and girls. Hence, it is very important to follow the safety guidelines to prevent bicycle injury prevention.

Burn injuries at home is another commonly encountered situation during the Covid-19 lockdown. Common sources of fire injury could be hot oil, kitchen stove, hot water in the bathroom, etc. It leads to instant severe scalding injury for which the initial treatment comprises of pouring cold water on the injured part and applying a cold wrap around it.

It is important - please do not use dettol or Savlon or any other antiseptic lotion on burn injuries. If Aloe Vera gel is available, it is advisable to use that on Burn injury, Silver nitrate gel is an over the counter available medication for burn injuries. If the burn injury is severe, seek immediate medical attention

- Dr.M.Shyam Sundar



Lockdown home physio program for aches and pains

Every Saturday at 4.30 pm Ortho-One has been organizing a few online physio sessions. Few topics covered in the month of July were

- Bone and Joint Problems caused by Diabetes (<https://bit.ly/3fXQisY>)
- Shoulder Pain Solutions and Prevention (<https://bit.ly/2Q0VbqM>)
- Driving Posture (<https://bit.ly/322DRXO>)

Many participants benefited from these programs.

However our in-house Fitness Program will resume shortly once the lock down is lifted. In the meantime, do check our website for some more exercise videos <https://www.ortho-one.in/videos> You can also join our exclusive live sessions on Saturdays. Please do check our Facebook page for more details regarding these sessions <https://www.facebook.com/OrthoOne>



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