

Health Highlights: Kids and sleep + Wrestling injuries
Tim Ditman | Media Relations Coordinator
Audio Version

ANCHOR INTRO:

TO NAP – OR NOT TO NAP? IT’S A QUESTION PARENTS ARE FACING WITH THEIR KIDS. PLUS – HOW TO TREAT AND AVOID INJURIES FOR WRESTLERS THIS SEASON. TIM DITMAN SHARES MORE IN TODAY’S HEALTH HIGHLIGHTS.

<<(THE COLLEGE WRESTLING SEASON IS IN FULL SWING – WHILE YOUNGER ATHLETES ARE STARTING OFFSEASON TRAINING. AN ORTHOPEDICS EXPERT WITH OSF HEALTHCARE SAYS COMMON INJURIES ON THE MAT ARE TREATABLE. CONCUSSIONS... CAULIFLOWER EAR... DISLOCATED SHOULDERS AND SPRAINED ANKLES ARE ALL POSSIBLE. ON THE KNEE – LOOK OUT FOR PREPATELLAR BURSTITIS – SAYS GLENETT BARRETT... AN ORTHOPEDICS A-P-R-N AT OSF.

GLENETT (gleh-NET) BARRETT | OSF HEALTHCARE ORTHOPEDICS APRN

Glenett [gleh-NET] Barrett OSF HealthCare orthopedics APRN “There’s a bursa, which is a fluid-filled sac that covers the patella [the kneecap] to give it a cushion for the other tissues to slide over. It gets very angry when [hits to the mat] happen over and over. It becomes inflamed. Extra fluid will build up. It gets pretty painful.”

REST – ICE AND ANTI-INFLAMMATORY MEDS CAN HELP WITH THOSE KNEE INJURIES. FOR PREVENTION – BARRETT SAYS QUALITY GEAR AND TRAINING GO A LONG WAY. ALSO – SKIN INFECTIONS ARE A RISK ON DIRTY MATS. SO SHOWER OFTEN AND WATCH FOR SORES AND RASHES.

FOR MANY YEARS – A DAY AT SCHOOL FOR A KINDERGARTENER WOULD USUALLY INVOLVE AN AFTERNOON NAP. TODAY – SOME SCHOOLS HAVE PHASED THAT OUT... LEAVING PARENTS TO WONDER WHAT’S RIGHT.

OSF HEALTHCARE PEDIATRICIAN DOCTOR LUIS GARCIA SAYS PARENTS SHOULD LOOK AT DAYTIME SLEEP AND NIGHTTIME SLEEP AND ADD UP TOTAL SLEEP TIME. NAPS SHOULD BE 30 MINUTES TO TWO HOURS LONG.

DR. LUIS GARCIA | OSF HEALTHCARE PEDIATRICIAN

“It’s not recommended to nap after 3 or 4 p.m. to avoid causing disruptions at bedtime. We want to allow at least four hours between last nap and bedtime to avoid the kids being too tired at bedtime.”

BY FOUR TO SIX YEARS OLD – THE NEED FOR NAPS USUALLY DECREASES. WHEN THAT TIME COMES – DOCTOR GARCIA SAYS TO HAVE YOUR KIDS QUIT COLD TURKEY. EARLY ON - MOVING BEDTIME UP BY 20 TO 30 MINUTES CAN HELP. AND MAKE SURE YOUR CHILD’S SCHOOL OR DAY CARE IS AWARE OF THEIR SLEEP HABITS.

WITH TODAY’S HEALTH HIGHLIGHTS... I’M TIM DITMAN.)>>