

## **Avoiding mat-astrophes**

**\*\*\*SOT\*\*\***

Glenett [gleh-NET] Barrett  
OSF HealthCare orthopedics APRN

**"They take out the blood accumulation so the blood flow will come back into the ear." (:05)**

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OSF HealthCare orthopedics APRN

**"That injury also will take a person out of their meet, but it's usually non-surgical. We just have to immobilize them or keep them from using their arm for six to 12 weeks." (:15)**

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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." (:22)**

**\*\*\*SOT\*\*\***

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OSF HealthCare orthopedics APRN

**"That sounds like a no brainer for adults. But a kid has other things to do besides shower after their meet. Their minds are in a different way." (:20)**