

Healthy & Fit

Tranda W. Watts
Multi County Extension Specialist
Food-Nutrition-Health-Safety
Golden Prairie & Twin Creeks
Extension Districts
785-443-3663
twatts@oznet.ksu.edu

Date: October, 2013

Volume #:3

Knee Injuries

No parent wants to see their sports-loving child sitting on the sidelines, but knee injuries put thousands of young athletes on the bench every year. It's not unusual for kids to fracture, sprain, strain, or dislocate the knee joint while playing on the field or just goofing around with friends.

Because the knee is such a complex joint with many moving parts, knee injuries are quite common. Frequent causes of injuries are overuse (from repetitive motions, as in many sports), sudden stops or twists, or direct blows to the knee.

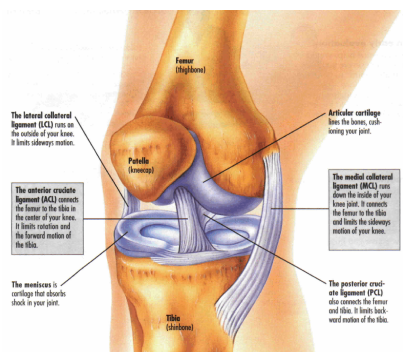
Common injuries among youth include:

Sprains - Knee sprains usually involve damage to the ACL and/or MCL. The most serious sprains

involve complete tears of one or more of the knee ligaments. Symptoms of knee sprains include:

- a popping or snapping sound in the knee at injury time
- pain that seems to come from within the knee, especially with movement
- not being able to bear weight on that leg
- swelling
- the knee feels loose or unstable

Strains - A strain happens when a child partially or completely tears a muscle or tendon. With knee strains, kids may have bruising around the knee in addition to the symptoms mentioned above for sprains.



Tendinitis - happens when a tendon gets irritated or inflamed. It is often caused by overuse or poor training (such as lack of strength exercises or stretching). Someone with Tendinitis might have pain or tenderness when walking or at rest, or when bending, extending, or lifting a leg.

Meniscal Cartilage Tears - Damage to the menisci is a very common sports injury, especially in sports where kids have sudden changes in speed or make side-to-side movements. Meniscal injuries can occur together with severe sprains, especially those involving the ACL. Meniscal injuries can cause tenderness, tightness, and swelling around the front of the knee. Sometime fluid collects around the knee (known as effusion).

Fractures and Dislocations - A fracture is a cracked, broken, or shattered bone. Victims may have trouble moving the bone and are likely to have a lot of pain. Patellar dislocation happens when the patella knocked off to the side of the knee joint, by twisting or some kind of impact. Sometimes it will go back to its normal position by itself. But usually needs to be put back in place by a doctor. Symptoms include swelling and pain in the front of the knee, an abnormal bulge on the side of the knee, and inability to walk on the leg with the affected knee.

Bursitis - A bursa is a sac filled with fluid located over a bony prominence to prevent friction. If a bursa in the knee becomes inflamed and swollen from overuse or constant friction, it can develop into a condition called bursitis. Symptoms of bursitis in the knee include warmth, tenderness, swelling, and pain on the front of the kneecap.

There are several other type of knee injuries which can occur as well.

First-Aid Kit

A well stocked first-aid kit, kept within easy reach is a necessity in every home. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice. **You should keep one first aid kit in your home and one in each car.**

You can purchase a first aid kit or make one of your own. If you decide to make one, choose containers for your kits that are roomy, durable, easy to carry and simple to open. Plastic tackle boxes or containers for storing art supplies are ideal, since they're lightweight, have handles, and offer a lot of space.



What You'll Need

- Include the following in each of your first-aid kits:

- first-aid manual
- sterile gauze pads of different sizes
- adhesive tape
- adhesive bandages in several sizes
- elastic bandage
- a splint
- antiseptic wipes
- soap
- antibiotic ointment
- antiseptic solution (like hydrogen peroxide)
- hydrocortisone cream (1%)
- acetaminophen and ibuprofen
- extra prescription medications
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- calamine lotion
- alcohol wipes or ethyl alcohol
- thermometer
- tooth preservation kit
- plastic non-latex gloves (at least two pairs)
- flashlight and extra batteries
- a blanket
- mouthpiece for administering CPR (obtain from local Red Cross)
- your list of emergency phone numbers

After you've stocked your first-aid kits:

- ✓ Read the entire first-aid manual so you'll understand how to use the contents of your kits.
- ✓ Store first-aid kits in places that are out of reach of children but are easily accessible for adults.
- ✓ Check the kits regularly. Replace missing items or medicines that may have expired.
- ✓ Check the flashlight batteries to make sure they work.

If you've had first-aid kits before, you may be asking, "What about Ipecac?" Ipecac syrup used to be a must have for every home first-aid kit, but there's no evidence that it helps a child who's swallowed a poison. Parents should call Poison-Control at (800) 222-1222, or 911 in case of emergency.

Factoids About Food Allergies

Living with a food allergy requires vigilance, which is easier to achieve when people around you understand the precautions that must be taken. Here are some "factoids" to help students and family members understand more about food allergies and what it means to have one.

1. Common food allergens which many people live with include allergies to: peanuts, tree nuts, eggs, soy, wheat, milk, seafood (fish and shellfish).
2. Possible reactions to these allergens might include any of the following: rash or hives, runny nose, diarrhea, tightness in the throat, coughing, hoarse voice, wheezing, nausea, vomiting, stomach pain, tingling tongue or lips, anaphylaxis.
3. A food intolerance or food sensitivity can cause someone to feel ill. Food allergies can make someone feel ill, and cause a life-threatening reaction.
4. Histamine is a chemical released by the body during a food allergy reaction causing symptoms that may affect the eyes, nose, throat, lungs, skin or gastrointestinal tract.
5. Some ways doctors determine if a reaction is caused by a food allergy include: a blood test, blood is drawn and exposed to an allergen to determine if antibodies are formed against the allergen. In a skin test, pricks are made on the skin and exposed to a liquid extract of the allergen - if the area gets red and raised, it's an allergic reaction.
6. Some allergies can be outgrown, especially those to milk, eggs, wheat, and soy. Peanut, tree nut, fish, and shellfish allergy are less likely to be outgrown.
7. Fish and shellfish allergy is the one most likely to develop later in life.
8. Here are some steps people with food allergies need to take to keep themselves safe: read food labels, know about cross-contamination, carry their own food and snacks, always ask how food is prepared in restaurants, be extra careful in unpredictable places like cafeterias and food courts, carry an EpiPen (if prescribed by a doctor), talk to teachers and friends about their allergies so they can offer help and support.
9. Anaphylaxis is a severe reaction that can result in swelling of the airways, serious breathing difficulties, and, in some cases, death.
10. Epinephrine is a medication that can save the life of a person experiencing a severe food allergy reaction.

