

On top of the physical pain, injuries and chronic conditions can be harmful to a growing child's mental health too.

At the Pediatric Orthopaedic Institute (POI), a wide range of experts will help your child recover physically while also caring for their mental health.

Together, we'll team up to give your child and your family the best chance at a successful treatment and recovery.

Understanding your stress

When your child is injured or suffering from an orthopaedic condition, it's normal to feel anxious and upset or worry about treatments like surgery. Your child may be unable — or not allowed — to do certain activities they used to enjoy. Siblings may struggle with the extra attention your injured child requires, or the extra responsibilities they may need to take on.

Every family deals with this stress differently. At the POI, we'll ask your family to complete a behavioral health screening. We've found the results are useful for keeping an eye on everyone's stress levels and increasing the overall effectiveness of your child's treatment.

Pediatric Orthopaedic Institute
and Staunton Farm Foundation

**Improved
recovery
through
mental
health
support.**

Community resources

Allegheny Health Network, Psychiatry and Behavioral Health Institute

Central Scheduling Office
4 Allegheny Square E, Pittsburgh, PA 15212
412-362-8677

Cognitive Behavioral Institute

125 Emeryville Drive, Suite 230
Cranberry Township, PA 16066
724-609-5002

Child and Adolescent Psychiatric Solutions

6500 Brooktree Road, Suite 208
Wexford, PA 15090
724-799-8558

Allegheny Health Network (AHN) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex in its health programs and services. In order to treat individuals in a nondiscriminatory manner, AHN provides free communication aids and language assistance services.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. 412-330-2400

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 412-330-2400

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 412-330-2400

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Strategies for your home

Managing stress and creating a comfortable healing environment at home will have a big impact on your child's ability to recover.

Pay extra attention to physical health needs

Everyone should eat balanced meals, get a good night's sleep, and exercise at least 30 minutes a day. For your child receiving treatment, this may mean specific therapy exercises.

Have some fun

Find activities to do together as a family. Make sure everyone can spend some time with friends. Relax and be supportive of each other, especially if someone's feeling down. If you try but still find this hard to do, talk to one of our behavioral health specialists for some tips and advice.

Follow your care plan

Make sure your child is keeping up with the exercises, rest, bracing, therapy, and medications recommended by the POI staff. They're not always fun, but they're important for your child's successful treatment.

Give yourself a break

Remember that it's normal to feel stressed, sad, mad, or scared. Don't be afraid to discuss these feelings with other family members. If you need more support, our behavioral health specialists are here for just this reason. Reach out and let us help.

Effects of certain conditions

It's easier to empathize and care for your child when you have a better idea of what your child is facing. Here are some things to remember about various orthopaedic conditions.

Acute injury

Usually caused by a sudden, severe impact. Even after initial treatment, these injuries are painful and frightening. But they can usually heal through a combination of immobilizing the injured area, rest, ice, physical therapy, and sometimes surgery.

Concussion

An injury to the brain. Your child may experience forgetfulness, confusion, irritability, difficulty concentrating, drowsiness, headaches, vision problems, nausea, sensitivity to light and noise, and trouble balancing — any of which can be frustrating and scary.

Congenital problems

These are present from birth and could affect growth, bone and muscle function, and even brain function. Some treatments include bracing and therapy, which can be frustrating for the child. Surgery is also an option when appropriate.

Overuse and chronic pain

Repetitive motions may lead to tendonitis, tennis elbow, carpal tunnel syndrome, or even chronic joint sprains. Any of these can lead to long-term difficulty that keeps your child from activities they enjoy. Treatment at the POI includes teaching your child about why these injuries occur, and providing strategies to avoid future injury.

