ORTHOPEDIC INSTITUTE

Hazards in the Classroom

As parents we want to keep our children safe and healthy. We take comfort that our children are in school. However, the 21st century has brought us a plague that is attacking our kids with increasing frequency.

Jan. 8, 2010 - *PRLog* -- As parents we want to keep our children safe and healthy. We take comfort that our children are in school and away from harms way. However, the 21st century has brought us a plague called the repetitive stress syndrome. Significant on going research conducted at the Columbia University and the New York University indicates increasingly high occurrences of these conditions in our children. Use of electronic media, computers, video games, etc, has been documented to cause repetitive stress syndrome, involving hands, eyes, neck and back, at an alarming rate in our children. The public has given this syndrome different names such as blackberry thumb, cell phone elbow, and guitar hero wrist. The research shows that 23% of elementary school students, 33% of middle school students and 60%of high school students experience symptoms of pain and nerve compression associated with the repetitive stress syndrome.

Computers, video games, and electronics are here to stay. We need to learn how to protect our bodies and adopt prevention techniques as part of daily routines. It is the future of our children and we must protect them.

Dr. Seradge is a leader in treatment and prevention of Repetitive Stress Syndrome. He has given lectures educating doctors in the American Academy of Orthopedic Surgeons, American Society for Surgery of the Hand, American Industrial Medicine Physicians, family care doctors, and in international medical conferences.

Teaching school age children and industrial and office workers, how to prevent injury has been Dr. Seradge's personal mission. He and the members of the Orthopedic Institute have been providing free hands-on educational seminars at Oklahoma City schools, offices and industrial complexes for several years. The feedback we receive is testimony to the success of his programs:

A teacher from England wrote Dr Seradge, "I do not allow my students to start the class unless they perform your recommended preventive exercises".

A meat packing company in Oklahoma city reported to the Governor's Council for Safety. "A 45% reduction in the Repetitive Stress Syndrome one year after implementing Dr. Seradge recommendations" was experienced. Nine years later, the company employees still follow Dr Seradge's program.

Dr Seradge has dedicated his discoveries and educational services free of charge to schools and companies.

Please call 405.631.2601 if you wish to schedule an instruction course for prevention of repetitive stress syndrome in your school or company.

Dr Seradge and the Orthopedic Institute will provide this service free of charge or any obligation.

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Orthopedic Institute is Oklahoma City's most comprehensive Orthopedic Care Center in a single location! We offer a full range of orthopedic subspecialists, out patient surgery center, specialty hospital, comprehensive diagnostic & therapy services

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City/Town	Oklahoma City
State/Province	Oklahoma
Zip	73109
Country	United States
Industry	Computers, Health, Family
Tags	H Seradge, Dr Seradge, Dr Houshang Seradge, Orthopedic Institute, Oklahoma City, Carpal Tunnel, Ergonomics
Link	https://prlog.org/10480464

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