

On top of the physical pain, injuries and chronic conditions can be harmful to your mental health too.

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

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

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



staunton farm
foundation

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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Pediatric Orthopaedic Institute
and Staunton Farm Foundation

Improving your recovery.



 **AHN ORTHOPAEDIC
INSTITUTE**

Understanding your stress

The pain you're in, your treatment, and your overall recovery process can be stressful. It might be hard to do things you enjoy or finish tasks that were once easy for you. You may be missing school and having trouble keeping in contact with friends and family. You may have trouble sleeping. It's totally normal to feel anxious and stressed out as a result, and it may change the way you act around people close to you.

Keep in mind that while your stress may impact how you behave around your family, they're probably stressed out, too. They're worried about you. They want to help you feel better, but they may not be sure what to do.

All of this stress can get in the way of your recovery. 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 treatment.

In addition to the help our providers offer, this brochure offers some coping strategies that can help you and your family manage the stress.

Strategies for your home

A comfortable healing environment at home will have a big impact on your ability to recover.

Pay extra attention to physical health needs

Eat healthy, balanced meals, and exercise at least 30 minutes a day. If your treatment plan includes therapy exercises, that counts toward your goal. Try to get a good night's sleep.

Have some fun

Find some activities you enjoy. Relax and be supportive of family members who've had a bad day. Prioritize time with your family and try to keep in contact with friends. If this is hard to do, talk to one of our behavioral health specialists for some tips and advice.

Follow your care plan

Make sure you keep 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 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 your 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

Certain types of injuries can make you feel certain ways. You may not feel well, but sometimes it helps knowing that what you're going through is perfectly normal. When you and those close to you understand this, it can help reduce everyone's stress.

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. You 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 conditions you're born with that could affect your growth, bone and muscle function, and even brain function. Some treatments include bracing and therapy, which can be frustrating. 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 you from activities you enjoy. Our treatments will help you learn why these injuries occur and provide strategies to avoid future injury.