

NEWSLETTER



CARRIETINGLEYHOSPITALFOUNDATION.ORG

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Top News

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Spotlight

Pickleball Palooza



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Understanding Musculoskeletal Disorders in Children



Musculoskeletal disorders (MSDs) can affect children of all ages, making everyday movements like walking, running, and playing more challenging. These conditions impact bones, muscles, joints, and connective tissues, often requiring specialized care and support.

Gio Martinez



Gio Martinez is our Director of Development. Gio was Student Body President at the University of New Mexico for two terms and has been in healthcare administration for over 15 years.



At Carrie Tingley Hospital Foundation, we are dedicated to helping children with musculoskeletal disorders and permanent disabilities live full and active lives. This guide will walk you through what MSDs are, common conditions, early signs to look for, and how families can access support.

What Are Musculoskeletal Disorders?

Musculoskeletal disorders refer to conditions that affect the body's movement system, including bones, muscles, tendons, ligaments, and joints. Some MSDs are present at birth, while others develop due to injury, genetic factors, or medical conditions.

For children, these disorders can range from mild to severe, sometimes requiring lifelong care. Early diagnosis and treatment can make a significant difference in their quality of life.

Common Musculoskeletal Disorders in Children

There are several types of musculoskeletal disorders that can affect children. Below are some of the most common ones:

1. Cerebral Palsy (CP)

- A neurological disorder that affects movement, coordination, and posture.



- Often caused by brain damage before, during, or shortly after birth.
- Symptoms vary but can include muscle stiffness, uncontrolled movements, and difficulty walking.

2. Scoliosis

- A condition where the spine curves abnormally, often appearing in adolescence.
- Some cases are mild, while others may require bracing or surgery.
- Early detection through school screenings can help manage progression.

3. Muscular Dystrophy (MD)

- A group of genetic disorders that cause muscle weakness and loss over time. Duchenne Muscular Dystrophy (DMD) is the most common type in children.
- While there is no cure, treatments like physical therapy and medications can help manage symptoms.

4. Osteogenesis Imperfecta (OI) (Brittle Bone Disease)

- A genetic disorder causes fragile bones that break easily.
- Some children with OI may also have hearing loss and dental issues.
- Physical therapy and assistive devices help improve mobility and prevent fractures.



5. Juvenile Idiopathic Arthritis (JIA)

- A chronic autoimmune condition that causes joint inflammation, stiffness, and pain.
- It can impact growth and development if left untreated.
- Treatment often includes medication, physical therapy, and lifestyle adjustments.

6. Clubfoot

- A congenital condition where a baby's foot is twisted out of position.
- Typically treated with a series of casts, braces, or surgery.
- Early intervention leads to excellent outcomes, allowing children to walk and run normally.

Signs and Symptoms to Watch For





Many musculoskeletal disorders show signs early in a child's life. If you notice any of the following, consider consulting a specialist:

- ✓ Delayed milestones (sitting, crawling, walking)
- ✓ Frequent falls or difficulty with balance
- ✓ Uneven shoulders or hips
- ✓ Pain, stiffness, or swelling in joints
- ✓ Muscle weakness or reduced movement
- ✓ Unusual walking patterns (toe walking, limping)
- ✓ Frequent fractures or unusually flexible joints







Causes and Risk Factors

The causes of musculoskeletal disorders in children vary widely. Some common factors include:

-  **Genetics** – Conditions like muscular dystrophy and osteogenesis imperfecta are inherited.
-  **Injury or Trauma** – Accidents, sports injuries, or improper development can contribute to MSDs.
-  **Infections or Autoimmune Disorders** – Some conditions, like juvenile arthritis, result from immune system malfunctions.
-  **Growth and Development Issues** – Rapid bone growth or abnormal development can lead to musculoskeletal conditions.

How Are Musculoskeletal Disorders Diagnosed?

Doctors use a variety of tools to diagnose MSDs, including:

-  **Medical History & Physical Exam** – Evaluating symptoms and family history.
-  **X-rays & MRIs** – Imaging tests to examine bones and soft tissues.
-  **Genetic Testing** – Helps diagnose inherited conditions like muscular dystrophy.
-  **Bone Density Tests** – Assesses conditions like brittle bone disease.

Once diagnosed, children can begin appropriate treatments tailored to their needs.



Treatment and Management Options

The goal of treatment is to improve mobility, reduce pain, and enhance quality of life. Here are some common approaches:

Physical Therapy

- 🏃 Strengthens muscles, improves coordination, and helps with mobility.
- 💪 Essential for conditions like cerebral palsy and muscular dystrophy.

Bracing & Orthotics

- 🦶 Supports joints and corrects alignment issues (e.g., scoliosis, clubfoot).
- ☁️ Helps children move comfortably and prevent further complications.

Medications


- 💊 Reduces inflammation and pain (commonly used for arthritis).
- 🦋 Some medications help slow the progression of genetic disorders.

Surgery

- 🔪 Sometimes necessary for severe cases (e.g., spinal fusion for scoliosis).
- 🦶 Corrects deformities and improves function.



Assistive Devices


 Wheelchairs, walkers, and other aids help children maintain independence.


 Adaptive technology supports children in their daily activities.


How You Can Help Children with Disabilities

At Carrie Tingley Hospital Foundation, we provide life-changing support to children with musculoskeletal disorders and permanent disabilities. Your donation helps fund specialized treatments, mobility equipment, and family support programs.

Ways to Give Back

 **Donate** – Every contribution makes a difference.

 **Volunteer** – Help at events and programs that support children.

 **Spread Awareness** – Share our mission and help advocate for children with disabilities.

Children with musculoskeletal disorders face unique challenges, but with early intervention, proper care, and community support, they can lead fulfilling lives. Whether you're a parent, caregiver, or supporter, you have the power to make a difference.

You can make an impact today! Visit carrietingleyhospitalfoundation.org to learn more about how you can help. Donate today and be part of a community that believes in every child's ability to thrive.

 **Together, we can create a world where all children can move, play, and grow without limits!**



Makenzie



Spotlight

1. What disability did you have?

Microcephaly, Scoliosis, Spina Bifida, CKD Stage 2, Sacral Agenesis

2. What is the most challenging thing you face with your disability?

I want to do and try what everyone around me does. The limitations my body places on me can be challenging but I give it a go. Sometimes it's the smallest things like making a peace sign to say goodbye. Most people adapt to me so at school four fingers up is peace out.

3. What is your favorite school subject?

I love everything about school!

4. What is your favorite movie?

Barbie

5. Who is your favorite band or musical artist?

Roy Orbison, original Marry Poppins and Mama Mia soundtracks (I'm an old soul)

6. What is your favorite food?

Salsa but I call it HOT

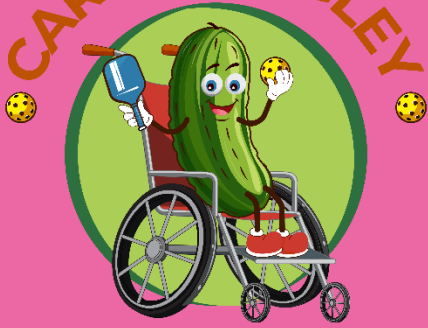
7. What is your favorite color?

Because of vision issues I can't see all colors I do a lot of pink but when asked Blue.

8. What is your favorite activity to participate in at Carrie Tingley Hospital Foundation?

The talent show at Camp Adventure. I enjoy trying new things and of course Christmas Time (Cookies with Santa) at CTHF is always fun.

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HOSPITAL FOUNDATION
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Carnival
Games

Prizes

Food Trucks

Pickleball

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PICKLEBALL PALOOZA 2025

Join the **Pickleball Tournament** for a thrilling competition! All participants receive a commemorative medal, while 1st, 2nd, & 3rd place winners earn official tournament medals. Don't miss the action!

DATES:

April 25th (Singles)
April 26th (Doubles)
April 27th (Mixed Doubles)

VENUE:

Manzano Mesa
Pickleball
Courts, 501
Elizabeth ST SE

ACTIVITIES:

Children's Carnival
Games and Prizes
Food Truck Coral
Beer Garden

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Fundraiser Benefiting the Disabled
Children and Families of Carrie
Tingley Hospital Foundation.

Organized by
ABQ Pickleball Club
and PRO Sports NM



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