

RECOMMENDED
READING

Shoulder Dystocia and Birth Injury: Prevention and Treatment

By James A. O'Leary, MD
Published by McGraw-Hill, 2000
This excellent resource will give you a true understanding of this birthing emergency. Contact E. O'Leary, veeoleary@msn.com.

Special Kids Need Special Parents: A Resource For Parents of Children With Special Needs

by Judith Loseff Lavin
Published by Berkley Publishing Group, 2001
This resource is widely available and a must read for all parents of children with special needs. <http://www.penguininputname.com>

The Complete Book of Shoulders and Arms

By Kurt, Mike & Brett Brungardt
Published by Harper Perennial, 1997
This resource is widely available and worth adding to your library. Contains a compilation of all the major shoulder and arm exercises. Includes helpful basic anatomy illustrations and many training tips. Look for more information on: www.Harpercollins.com.

Different Just like Me

By Lori Mitchell
Published by Charlesbridge, 1999
Widely available and respected as a wonderful tool for teaching children respect for all people. For related teaching materials, 5-day lesson plan and color pages visit: www.differentjustlikeme.com

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Brachial Plexus Injury Awareness



*"Bring Brachial Plexus
Injuries to Light"*

What are brachial plexus injuries? The brachial plexus is a network of nerves that control the muscles of the shoulder, arm and hand. Injury to the brachial plexus can result in full to partial paralysis of one or both arms. Stretching, tearing and other trauma can cause this type of injury. Brachial plexus injuries often occur during the birthing process. Availability of brachial plexus statistics vary widely, but where figures are available the general consensus is that brachial plexus injuries occur in 2-5 out of 1000 births. Other causes include automobile, motorcycle, or boating accidents; gunshot or puncture wounds; sports injuries (called "burners" or "stingers"); due to specific medical treatments / procedures / surgeries; or due to viral causes.

How can I learn more? Start your search by visiting the website of the United Brachial Plexus Network, Inc. (UBPN) at www.ubpn.org for support, information, and links to other resources. Their toll-free number is 1-866-877-7004.

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