



Teri and Robert Taylor pose with their son Robert Benjamin Taylor IV, the first baby born at the newly-opened Sunrise MountainView Hospital and Medical Center.

Special delivery heralds first birth at Sunrise MountainView Hospital

Robert Benjamin Taylor IV became the first baby born at Sunrise MountainView Hospital at 11:29 a.m. on Friday, February 2. The baby weighed 5 pounds, 13 ounces and was 19 inches long. He is the first child of Teri and Robert Taylor.

The Taylor family received special attention from Sunrise MountainView staff throughout the entire labor, delivery and recovery experience.

Mark Howard, chief executive officer at Sunrise MountainView, delivered a basket filled with fresh flowers to the happy family.

"We didn't expect our son to be the first baby born at Sunrise MountainView Hospital, but it makes it even more special," said Robert Taylor Sr. "Plus, it was even better having the new hospital so close to our home."

Teri and Robert pre-registered on Thursday, February 1, the first day the hospital was open.

"We didn't realize what a help pre-registering was until we showed up for the delivery," said Teri. "At that time, we were glad we didn't have to deal with administrative paperwork."

After the delivery, the Taylor family spent one night together and were discharged the following morning.

Both baby and parents are doing well.

The little glove that can

NAPS — Are you a mouse potato? If so, you may benefit from wearing the latest computer fashion accessory — the therapeutic glove.

If you spend all your free and/or work time at a computer, you may be a candidate for repetitive stress injuries. With 45 million workers now using keyboards, RSI's increase at an average annual rate of over 25 percent. Add some recreational use and it's doubly wise to take some serious precautions.

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HEALTH

How young athletes can avoid injuries

HOUSTON — Some children participating in athletics may be pushing too hard, too soon.

"There are young athletes who get overuse injuries because they're pushed too hard or too fast by a parent or coach, and they may not have been taught proper technique," said Dr. Albert C. Hergenroeder, chief of adolescent medicine and sports medicine at Baylor College of Medicine in Houston. "For instance, baseball pitchers may develop shoulder problems at a young age by throwing too many pitches, especially if their technique is poor."

In some cases these injuries can cause life-long problems. Some injuries can force athletes to the sidelines, causing them to miss competitions. Other athletes drop out of sports all together if the pain persists and is not treated. Overuse injuries can occur in athletes in any sport where there are repetitive motions, including gymnastics, softball and tennis.

A key to avoiding injuries is good coaching.

"Overuse injuries often develop because athletes are overtraining and, in some cases, not using proper technique," Hergenroeder said. "It's up to the coaches to ensure that athletes are not putting in too much time on the practice field."

Hergenroeder says it is up to parents to get more involved if they feel their child is not learning

properly by going to practice and helping to reinforce what the coach is teaching. Sitting down to talk with a coach about workouts can also be beneficial for all involved, as can discouraging overtraining at home.

Overuse injuries may be reduced by urging children to participate in different sports throughout the year, and building rest periods into their athletic schedule.

"I think it's much better for

Training for a marathon

HOUSTON — Virtually anyone can tackle a marathon with proper planning and a little guidance.

Despite an intimidating 26.2-mile distance, thousands of recreational runners turn themselves into marathoners each year, says Dr. John Cianca, an assistant professor of physical medicine and rehabilitation at Baylor College of Medicine in Houston.

The first piece of advice? Give yourself plenty of time to train.

"Most people, even experienced runners, need at least six months to properly prepare for a marathon," Cianca said. "If you haven't been physically active, or if you're over 35, see a doctor before beginning your training."

A six-month training program should include four phases:

average athletes to play more than one sport," Hergenroeder said. "Year-round swimming, for example, can cause shoulder problems. It's better emotionally and physically for young athletes to have an off-season and take up another activity."

Hergenroeder, who is also chief of adolescent medicine at Texas Children's Hospital, says the constant day-to-day grind of training programs for growing teenagers can lead to injuries. (See Injuries, Page 11)

endurance, strength and stamina, performance and taper — each with a specific goal in mind.

- The eight-week endurance phase is designed to get you running. Depending on experience, as few as 10 miles a week at first.

- The strength and stamina phase, another eight weeks, focuses on increasing weekly mileage, while gradually lengthening the distance of the once-a-week "long run."

- The six-week performance phase includes participation in races. This phase builds in short races to allow you to get comfortable with running with others.

- The final three weeks of training — the taper phase — is spent gradually decreasing mileage and getting ready for (See Marathon, Page 11)

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