

Subject: [Fwd: Injuries, trauma, insurance and mountain biking.]

Date: Mon, 28 Mar 2005 15:44:52 -0800

From: Brian Platts <bplatts@shaw.ca>

To: Corrie Kost <kost@triumf.ca>

Subject: Injuries, trauma, insurance and mountain biking.

Date: Mon, 28 Mar 2005 12:45:34 -0800

From: M E Craver <mecraver@shaw.ca>

To: Mayor and Council - DNV <Council@dnv.org>, Senior Management Committee <managecomm@dnv.org>, "FONVCA (E-mail)" <fonvca@fonvca.org>

Dear Mayor and Council: This is some information coming out of local Vancouver hospitals with stats regarding mountain biking injuries. Not only being an insurance problem, this sport in our woods places pressure on our health care system.

--Monica Craver--

MOUNTAIN BIKING INJURIES REQUIRING TRAUMA CENTER ADMISSION

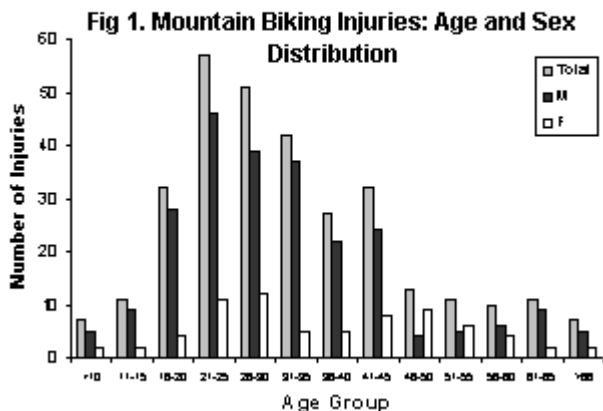
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Background: Mountain biking has become an increasingly popular recreational and competitive sport with increasingly recognized risks. The purpose of this study was to review serious injuries requiring trauma center admission related to mountain biking.

Methods: Two trauma centers in the Greater Vancouver area exclusively serve 3 mountain bike parks and the North Shore Mountains biking 'Mecca'. The Trauma Registries at these centers were reviewed for bicycling related injuries requiring admission from 1992 to 2002. Chart review was performed to further characterize injury patterns. The data were analyzed according to demographics, distribution of injuries, severity of injuries, need for operative intervention, length of hospital stay and disposition from the hospital.

Results: A total of 787 patients were identified as having sustained bicycling injuries. Of these, 312 patients sustained 968 mountain biking injuries. Operative interventions (235 procedures) were necessary in 210 (67%) patients. **One patient died from his injuries.**



Conclusion: Mountain biking results in serious injuries requiring trauma center admission and frequent operative intervention. Young males are principally at risk. Injury prevention programs should target riders of all ages but especially young males. The use of protective equipment and appropriate training should be encouraged and supported by the industry, bike parks and health professionals. Dangerous or reckless styles of riding should be discouraged and not glorified as currently.

Injury Type

	Injuries (n,%)	Operations (n,%)	Mean AIS
Orthopedic	443(46)	140(59.6)	3±1
Head/Neck	137(14)	2(0.9)	3±1.7
Face	107(11)	24(10)	2±0.7
Thoracic	107(11)	22(9.4)	3±1.1
Spine	98(10)	29(12.3)	-
Abdominal	76(7.9)	18(7.7)	3±1.1

Table 1. Injury Distribution, Severity and Interventions.

Table 1. Injury Distribution, Severity and Interventions.

The following is from a very recent and ongoing thread about shoulder and collarbone injuries and fractures due to mountain biking. From what I have heard these are the most common injuries with this sport --- (Another rider from Oliver, BC bemoans the fact he cannot get proper medical attention for his mtb injury, there--posted on another nsmb.com thread)

- NSMB Bulletin Board (<http://bb.nsmc.com/newforum/index.php>)
- The Shore (<http://bb.nsmc.com/newforum/forumdisplay.php?forumid=3>)
- INJURIES (<http://bb.nsmc.com/newforum/showthread.php?threadid=56197>)

Posted by ryant on 03-24-2005 12:59 AM:

INJURIES

Looking for some advice.

I've had a old shoulder injury that has been nagging me again recently. I've been for x-rays and have spoken with a specialist and the outcome is have surgery and be layed up (well off the bike) for 3 mons. and then have to tone my riding down big time as falling hard on it again could possibly tear it all up... back to the start!!!

So I figure I will NOT go for the surgery and just try to strengthen it up as much as possible.

I've done a bit of research on braces and have found this link:

http://www.painreliever.com/sully_shoulder.html

Basically what is happening is that I've somewhere along the line torn the cartilage around the rotator cuff, so if I hit hard on it, it tends to semi-dislocate and hurt like crap for a while each time. Needless to say the entire should is super sloppy and really loose.

My question to everyone is this, has anyone been in the same predicament and if so how did they go about mending it.

Or does anyone have any info on other braces, good physio routines etc....

HELP! not gonna stop riding so I gotta figure it out.

thanks!

Posted by Chump on 03-24-2005 01:44 AM:

When working out don't think you need to get buff, you have to work the stabilizer muscles.

As for just keep riding on it I wouldn't. If the surgery is available to you now I would take it.

Chronic dislocations are just going to bite you in the ass in the long run and do more injury to your shoulder.

Trust me on this one.

Steve

Posted by requiem on 03-24-2005 01:48 AM:

I have the same issue, my shoulder came out 6 times last year, 2 times in bed and once while doing a one hander.....I have heard that it is best to build up the shoulder muscles and leave surgery till it is a absolute must....

www.chainwhipped.com

Posted by Farmer on 03-24-2005 01:53 AM:

MY mom is going to need her ankle replacement surgery but they are telling her it is better to hold that off until absolutely necessary because of the problems that can come from surgery. SHE went to acupuncture and that really seemed to help her. You should try that or physio for it. Hope it all works out for you

QUOTE:

Originally posted by dirty deeds

I just went outside and talked to the brick wall. Much like talking to Ernie, but since the brick wall doesn't talk back, it was far less infuriating and a much more enjoyable experience.

Posted by samsquampsh on 03-24-2005 03:06 AM:

Go see a good Physio Therapist. Physio helps ALOT

Posted by skifreak on 03-24-2005 03:52 AM:

Check out the "buchberger 12"

<http://www.rotatorcuff.net/products.htm>

might be a helpful home therapy resource...

your injury is probably a slap lesion where the cartilage ring has been compromised... strength of the rotator cuff muscles, shoulder blade positioning muscles, and proprioceptive work for the shoulder, will get you a lot stronger than a piece of neoprene...

and the stronger you are the quicker you will recover from a potential surgical visit.

Plush Ride Pride

Posted by dirty deeds on 03-24-2005 04:40 AM:

Re: INJURIES

QUOTE:

Originally posted by ryant

Looking for some advice. My question to everyone is this, has anyone been in the same predicament and if so how did they go about mending it.

yeah, I have a torn right rotator cuff and calcium spurs on both shoulders. I see the ortho on April 5 to schedule surgery. If it's not too bad they can repair it arthroscopically, otherwise it's the knife. Mine doesn't pop out though and it's definitely not loose. It's actually tight and frozen. Very little mobility and can't raise my arm overhead. It aches constantly. I'm just powering through the ibuprofen lately.

Sucks. But best to do it ASAP, get it over with and rehabing.

It's my 2nd time around. I've had both shoulders done previously. I'm hoping techniques have improved in the past 20 years. haha.

Minor tears with no calcification can mend without surgery, but it sounds like you're about as stuffed as I am. Good luck.

Posted by ryant on 03-26-2005 07:54 PM:

thanks for all the input, still not sure what I'm going to do but I really think that surgery should be the LAST option.

Posted by Chump on 03-26-2005 08:05 PM:

QUOTE:

Originally posted by ryant

thanks for all the input, still not sure what I'm going to do but I really think that surgery should be the LAST option.

If the specialist is recommending surgery it shouldn't be your last option! It should be your first, ya some muscle growth is going to help but frick when shit is ripped it's ripped. I would get the surgery, your going to regret it in the long run.

Steve

Posted by GRIZZ on 03-26-2005 08:10 PM:

i got a question for ya guys...three or four weeks ago i broke my collar bone, it is about 2-3" shorter than what it used to be...is it always going to be like this or will it grow back to what it used to be?

www.dertcrew.com

Posted by sketch steve on 03-26-2005 08:16 PM:

http://www.vsportgroup.com/gear/support_shoulder.html

If you're interested.

Posted by tazzmenn on 03-26-2005 08:29 PM:

QUOTE:

Originally posted by GRIZZ

i got a question for ya guys...three or four weeks ago i broke my colar bone, it is about 2-3" shorter then whaty it used to be...is it always going to be like this or will it gro back to what it used to be?

It will be like that for ever. I have broken my right colar bone twice in the same place (very rare). When I walk the up and down action causes a popping in the shoulder and tingle in my fingers. It will never be the same. That has not slowed me down, and there is no lack of power. I have an acceptable range of motion without pain. I would say that I have recovered about 95%. The last brake was over 10yrs ago. It helps to be young.

I am laided up with a torn something in my left shoulder right now. Due to the sad state of our medial system I can not get a diagnosis of the specific injury for another 4-6 weeks. Physio will be just general shoulder strength routine. No target muscles to rehab untill they do an official diagnosis. So get to phisio and if they want to repair the shoulder get it done. Think of you body as a machine, if it needs repair and you had the ability to fix it would you say no wait untill it fails completely? Or do some preventitve work.

I though that all colar bones were pinned in place these days?

Posted by GRIZZ on 03-26-2005 08:33 PM:

thanks for the info tazzmen, apparently they arent pinned in place all the time as mine is overlapping and they are going to grow to be one apparently, i just cant stand how short it is compared to the other one

www.dertcrew.com

All times are GMT. The time now is 11:54 PM.

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