

SURFER'S MYELOPATHY



Surfer's Myelopathy is a rare but serious, non-traumatic, spinal cord injury that may result in a severe disability. The cause of this type of injury is suspected to be related to prolonged or sudden arching of the back—such as the position taken during surf lessons. This positioning may compromise blood flow to the spine similar to a spinal stroke.

SIGNS AND SYMPTOMS

Low back pain followed by:

- Numbness, tingling, or weakness in the legs
- Problems with bladder/bowel function

WHO IS AT RISK

- Beginner surfers
- Young, healthy, athletic people

PREVENTION

- Educate new surfers
- Sit up on the board between waves
- Stop surfing if you experience any of the above signs and symptoms

WHAT TO DO

- Immediately seek medical care by calling 9-1-1
- Avoid dehydration by drinking plenty of fluids

If you have been diagnosed with Surfer's Myelopathy and would like to participate in a research study conducted by The Queen's Medical Center, contact us at nsi.research@queens.org.



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