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A Flip That Turn A Life Forever

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POSTER ABSTRACT

INTRODUCTION

Sport-related neck injury may happen during exercise with the extent of injury may vary from muscle strains to severe life-threatening conditions. Unsuccessful flips can cause a catastrophic injury such as neck fracture which may lead to complete spinal cord injury (SCI) resulting in paralysis or even death.

CASE DESCRIPTION

A 40 year old Malay gentleman was brought to a healthcare facility due to body weakness following unsuccessful backflip attempt by landing with the hyperextended head. He was on vacation with the family member doing a few attempts of backflip on the beach. Post trauma he sustained neck pain and was unable to move all four limbs. He was kept on cervical collar and eventually transferred to tertiary center after successfully securing the airway. Further assessment revealed that he was quadriplegic with reduced sensation in all limbs. Computed tomography cervical shows there was fracture at the level of cervical 4/5 with cord transection of the spinal cord. He was admitted and proceeded with surgical intervention such as decompression, corpectomy of C5 and anterior cervical plating of C4 and C6 with pyramesh cage. Post operative, there is no significant improvement in patient's neurological function and he is totally dependent.

DISCUSSION

Spinal protection before reaching hospital is a gold standard to maintain alignment of the cervical spine and to prevent further spinal injury. This patient developed both shock hence early initiation inotropes after given fluid resuscitation is appropriate. There is significance motor and sensory function improvement if administration of

methylprednisolone within 8 hours of injury according to National Acute Spinal Cord Injury Studies (NASCIS) II trial.

CONCLUSION

Resuscitation of life-threatening injury such as hypotension or cardiorespiratory may affect neurologic recovery. Timely intervention and comprehensive care are vital in mitigating the impact of SCI and promoting better patient outcomes.

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