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JOURNAL ARTICLE

National survey of spinal injuries in hockey players

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There has been an alarming increase in the number of spinal **injuries** in hockey players. Between 1976 and 1983, 42 were reported to the Committee on Prevention of Spinal **Injuries** due to Hockey. The median age of the injured players was 17 years. Of the 42 players 28 had spinal cord **injuries**, and 17 of them had complete paralysis below the vertebral level of the injury. Strikes from behind and collisions with the boards were common mechanisms of injury. Many of the players had suffered a burst fracture of the cervical spine following a blow to the top of the **helmet** when the **neck** was slightly flexed. The committee studied a number of possible etiologic factors and made several recommendations regarding prevention. League officials, coaches, players and equipment manufacturers can all play a role in prevention.

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Study on neck injuries among **hockey players**, published in the Canadian Medical Association Journal, but ignored by the meta-study on helmets. See the study at:

<http://www.cmaj.ca/cgi/content/abstract/130/7/875?maxtoshow=&hits=10&RESULTFORMAT=&fulltext=Helmet+neck+injuries&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=date&resourceype=HWCIT>