Surfer’s Myelopathy or Surfer’s Paralysis

Surfer’s myelopathy or surfer’s paralysis is a spinal cord injury that affects first-time surfers. It is thought to be caused by turning to look over one’s shoulder and thus affecting the blood flow to the lower half of the body. It is not from a trauma. Some people recover and others remain paraplegic.

Articles and Blog Posts


http://aapsus.org/articles/55.pdf
Thompson, Todd P. MD; Pearce, James MD; Chang, Gonzolo; Madamba, Joseph. “Surfer’s Myelopathy”. Spine. August 2004. Vol. 29, Issue 16, pp E353-6. (click on Abstract to read the abstract)

Kennedy Krieger Institute: In My Own Words—When All Hope Seems Lost


Blog: Surfer’s Myelopathy Recovery Update

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling $8,700,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.