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)
http://www.spinejournal.com/pt/re/spine/abstract.0007632-200408150-00025.htm;jsessionid=L9fdRtkfpKLsP2c5dqTQWTLQnWPymyM4mGFT2jVTmzcTMc301K3G!-933564401181195629!8091!-1

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


http://westseattleblog.com/blog/?p=6695

Blog: Surfer’s Myelopathy Recovery Update
http://joeguintu.blogspot.com/

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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.