



## Surfer's Myelopathy or Surfer's Paralysis

This 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 recover and others remain paraplegic.

### Website

<http://www.smawareness.org/>

#### **Surfer's Myelopathy Foundation**

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The mission of Surfer's Myelopathy Foundation is to increase the awareness of surfer's myelopathy in order to provide support and to promote injury prevention, research, and treatment.

### Articles and Blog Posts

<http://archives.starbulletin.com/2005/03/27/news/story2.html>

Altonn, Helen. "**First-Time Surfers Beware**". *Honolulu Star-Bulletin*. March 27, 2005.

<http://www.spinejournal.com/pt/re/spine/abstract.00007632-200408150-00025.htm;jsessionid=L9fdRtkfpKLSp2c5dqTQWTLQnWPymyM4mGFT2jVTmzcTMc301K3G!-93356440!181195629!8091!-1>

Thompson, Todd P. MD; Pearce, James MD; Chang, Gonzolo; Madamba, Joseph. "**Surfer's Myelopathy**". *Spine*. August 2004. Vol. 29, Issue 16, pp E353-6.

MacNeil, Jane Salodof. "**Nontraumatic Myelopathy Described in Novice Surfers**". *Clinical Neurology News*. May 2005. Vol. 1, Issue 5, p 26.

MacNeil, Jane Salodof. "**Myelo-Mystery Lays Novice Surfers Low in Hawaiian Isles**". *Internal Medicine News*. July 1, 2005. Vol. 38, Issue 13, p 15.

MacNeil, Jane Salodof. “**Novice Surfers Washing Up With Mysterious Muscle Weakness**”. *Family Practice News*. June 15, 2005. Vol. 35, Issue 12, p 56.

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

“**West Seattle Native Fights Back From Bizarre Surfing Injury**”. *West Seattle Blog*. April 3, 2008.

<http://joeguintu.blogspot.com/>

**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.**