

# 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

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<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.00007632-200408150-00025.htm;jsessionid=L9fdRtkfpKLsP2c5dqTQWTLQnWPymyM4mGFT2jVTmzcTMc301K3G!-93356440!181195629!8091!-1>

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

<https://www.kennedykrieger.org/stories/potential-magazine/summer-2016/in-my-own-words-mike-fritschner-spinal-cord-injury>

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.

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

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

**Blog: Surfer’s Myelopathy Recovery Update**

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

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