Unstable spinal fractures in mountain casualties

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Unstable Spinal Fractures in Snowdonia Mountain Casualties

Mountain Casualties 2004-2016 n=1328

Trauma n=1089 (82%)

Significant MOI n=576 (53%)

Spinal Fractures C1-L5 n=64

Unstable fracture n=25 (40%)

Spinal injury not suspected at scene n=1

Not Immobilised n=15

Moved or mobile at scene n=8

# missed in ED n=2

C3/4 total SCI
Obvious from impact
No neurological recovery

C3 partial SCI
Obvious from impact
Arm power ↑ to 3+/4/5

C7 nerve root
Mild triceps weakness

Immobilised n=10

Neurology n=0

Terrain precluded n=4

Unstable Spinal Fractures in Snowdonia Mountain Casualties

63M Mountain Biking
Pulled from ditch as CPR needed

65F Hill walking
2.5m fall
Helped from stream

60M Hill walking
6m tumbling fall
Mobile at scene

18M Hill walking
18m tumbling fall
# not found until next day

C1# Neurology resolved