



**CANADIAN ACADEMY OF SPORT MEDICINE
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POSITION STATEMENT

SNOWBOARDING INJURIES

Dr. Eileen Bridges, MD, Dip Sport Med and Dr. Nancy White MD, Dip Sport Med.

This position Statement was prepared by the Canadian Academy of Sport Medicine Sport Safety Committee. This position statement was approved by the CASM Board of Directors as a CASM position statement in December 2006.

Introduction

Snowboarding evolved into a mainstream winter sport in the 1970's and received a further boost in popularity when it was introduced as an Olympic sport at the 1998 Winter Games in Nagano, Japan. In Canada there are over 650,000 snowboarders, representing almost one third of the ski market in the 2003 season¹.

Snowboarding injury rates (3 to 5 injuries per 1000 snowboarder days) are similar to those seen in Alpine skiing^{2,3,4,5,6,7,8,9,10}. However, the injury patterns seen in snowboarding differ from those seen in alpine skiing. Boarders suffer more injuries to the upper extremities (58% vs. 32% in skiers), and ankles (17% vs. 5% in skiers) and fewer injuries to the knees (16% vs. 38% in skiers)^{3,7,8,9,10,11}. The incidence of head injuries in snowboarders is 2-6 times that of skiers¹².

Thus, it is important for CASM to provide information for medical practitioners and members of the public in order that protective equipment is used and safety guidelines are adhered to.

Background Scientific Information

Almost 84% of snowboarders are under 25 years old and more than two thirds are male¹. The most frequently injured snowboarders are males in their early 20's and beginners^{2,3,4,6,7,8,11,13,14,15,16,17,18,19}. Falls account for most injuries, placing the beginner at higher risk¹⁴; almost a quarter of all injuries occur in first-time snowboarders, and almost one half occur during the first season^{2,3,6,7,8,11,14,17,18}. The most common injuries are sprains (44 to 53%), fractures (24 to 31%) and contusions (6 to 12%)^{2,6,7}. Snowboarders also suffer head, face, chest, abdominal and spinal injuries; these are typically associated with collisions and the aerial maneuvers characteristic of “freestyle” snowboarding. In one study, 50% of chest injuries while snowboarding involved rider error during a jump and half of all chest injuries were rib fractures¹³. Prall et al. estimated the incidence of snowboarding injuries sufficiently severe to require tertiary care referral at 0.03 per 1000 snowboarder days¹⁶.

Snowboarding equipment differs significantly from ski equipment. The boots may be soft or hard. Soft boots, used by most beginners and freestylers, provide greater maneuverability but increase the risk of ankle injury. Chissell reported that 80% of ankle injuries were sprains²¹; however others have found that almost half of all ankle injuries were fractures^{11,14}. The well-known “snowboarder’s fracture”, which may account for up to 32% of all ankle fractures, is caused when the foot is pushed suddenly upward on impact with the ground while landing a jump or during a fall and the ankle is forced into dorsiflexion and eversion. This results in fracture of the lateral process of the talus; the boarder will complain of pain inferior to the tip of the lateral malleolus. It is often



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difficult to see in standard x-rays of the ankle and diagnosis of this fracture may necessitate CT imaging²². If these injuries are not treated by rigid immobilization or internal fixation the boarder may have persistent pain and limitation of movement and, ultimately, degenerative ankle changes^{22,23,24,25}.

Hard boots are used by most racers and place the boarder at increased risk for “boot-top” fractures of the tibia and fibula^{2,6}. Use of hard boots is also associated with twice the risk of knee injuries compared to soft boot use². It is recommended that the novice snowboarder use soft boots with inserts to support the ankle^{3,6,14}.

Because both feet are fixed in non-releasable bindings, knees are not as frequently or as seriously injured^{6,8,11, and 14}. Seventy-five percent of all lower extremity injuries occur in the lead leg^{3,17,18,26}. The most common injuries are sprains (60%), seldom with meniscal tears or ligament ruptures and rarely with fractures^{3,6,11,17}. The knee can also be injured if the boarder is waiting in line and takes his rear foot out of the binding to propel himself. This leaves the lead foot locked to the board at a 45 to 90 degree angle; if the boarder falls, a large torque is placed on the lead knee predisposing it to injury¹⁵.

Snowboarders do not use poles and therefore rarely suffer from the ulnar collateral ligament injury of the thumb common in skiers. Snowboarders do, however, frequently fall onto the outstretched hand after being catapulted forward or falling backwards while both legs are fixed to the board. This results in a high proportion of injuries to the upper extremity, almost 60% of which are fractures^{11,14,19,27}. Wrist (distal radial, ulnar or carpal) fractures are the most common injuries seen in the upper extremities of snowboarders^{8,11,14,17,27,28,29}. Sasaki et al characterized “snowboarder’s wrist” as severe and complex; half of the fractures examined were partial articular or intra-articular²⁹.

Many investigators advocate that snowboarders use wrist guards, similar to those used by in-line skaters^{6,9,10,11,27,30}. They have been shown to have an almost 50% reduction in wrist injuries²⁷. These are designed to prevent wrist hyperextension, absorb shock and diffuse kinetic forces, thereby protecting the wrist from sprains or fractures³¹. Beginners are especially likely to benefit from wrist protection³², but less than 10% of snowboarders wear such protection^{9,11,19,33}. A concern has been raised about potential injuries to the forearm and shoulder resulting from a shift in the distribution of the impact force more proximal to the wrist³⁴. Staebler et al, in a cadaver study, found equivocal evidence for this concern but only tested loading in one direction (75 degrees, falling backwards)³⁵. Ronning looked at the efficacy of wrist protectors in 2,300 snowboarders and found no injuries that could be attributed to the use of wrist guards³².

Shoulder injuries account for 4.8 to 16% of all injuries and 20 to 34% of all upper extremity injuries^{3,4,6,7,18,27}. The most common injuries are glenohumeral dislocations, clavicle fractures, acromioclavicular separations, rotator cuff strains and proximal humerus fractures^{27,28}. Elbows also may be fractured or dislocated^{11,14,17,27}.

Injuries to the head and face (lacerations, contusions, concussions) account for 10-18% of all injuries in snowboarders; concussions make up 1-11% of this group^{3,5,7,9,11,19,36}. The incidence of head injuries in snowboarders is about 6.5 per 100,000 visits to a skiing facility¹², representing a rate that is 2-6 times that of skiers¹². However, when reviewing data from those head injured snowboarders presenting to a hospital or trauma center, the rates of head injury are even higher than those reported by alpine centers (Shorter et al²⁰ 44-71%; Sacco et al⁸ 15%; Prall et al¹⁶ 54%). Sacco et al⁸ found blunt head trauma to be the most prevalent cause of death (54%). The head injuries are more likely to occur in beginners and during a fall; they frequently involve occipital impact^{12,37}.



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Helmets reduce the risk of head injuries by 29-56%³⁸; but evidence is limited on the relationship between helmet use and the risk of neck injury. In children under 13 years of age, helmet use has not been found to increase the incidence of cervical spine injury^{36,39} and does reduce the incidence of head injury requiring investigation and/or treatment³⁹. These investigators and others advocate the use of helmets in both skiing and snowboarding, particularly for beginners and children.

Falls are the most common mechanism of injury in snowboarding^{2, 7,14,16,28}. The second most common cause of injuries is jumping or “catching air”^{3, 11, 28}. The use of protective equipment and instruction in proper techniques may reduce the incidence of these injuries although aerial maneuvers may carry an inherent high risk.

Collisions account for less than 10% of snowboarding injuries^{3,7}. Of note, most collisions involving snowboarders occur with a stationary object (tree, pole, snowmaking machine) and not with other skiers. In fact, skiers are more likely to collide with other skiers than with snowboarders^{7, 11, 40}.

Most injuries in both snowboarders and skiers occur in the afternoon when fatigue is more likely^{13, 16,17,19,40}. Snow conditions may contribute to the incidence of injuries but do not appear to affect the type or location of injury¹¹. Individual snowboarding errors (loss of control, catching an edge, carelessness and risk taking) may contribute more to injury incidence^{17,36}.

RECOMMENDATIONS FOR SNOWBOARDERS

1. For an excellent overview of snowboarding injury prevention strategies and tips please view the A Little Respect: Think First! Web site and video⁴¹
2. Undertake preseason conditioning and training.
3. Novice snowboarders should take lessons from a qualified CSIA and CASI instructor to learn correct riding and falling techniques.
4. Choose equipment to suit skill level and size. Boots should fit well and novices are advised to wear soft shell boots with ankle supports. The use of nonreleasable bindings limits lower leg torsional injuries. Make sure your snowboard has a safety leash. Check your bindings by making sure all the screws are tight and in place.
5. Wear protective equipment. Wrist guards help prevent wrist sprain and fracture. A helmet should be worn to protect against head injury.
6. Snowboard on slopes suitable to your level.
7. Be cautious when boarding in deep powder among trees. Always do this with a buddy.
8. Adhere to snow conduct and safety codes⁴².
 - Stay in control and be able to stop or avoid other boarders, skiers and objects.
 - It is your responsibility to avoid any boarder or skier ahead of you.
 - You must not stop where you obstruct a trail, half pipe, or park and are not visible from above.
 - When entering a trail, half pipe or park, yield to other boarders and skiers.



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- Always use safety straps to prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

Primary Authors

Eileen Bridges
Nancy White

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The Canadian Academy of Sport Medicine (CASM) has undertaken this position statement in an effort to decrease the incidence of snowboarding injuries. These recommendations are based upon the current scientific literature and are discussed in detail in the accompanying discussion paper. It is important for CASM to provide information for medical practitioners and members of the public in order that protective equipment is used and safety guidelines are adhered to.

Recommendations

1. Undertake preseason conditioning and training.
2. Novice snowboarders should take lessons from a qualified CSIA and CASI instructor to learn correct riding and falling techniques.
3. Choose equipment to suit skill level and size. Boots should fit well and novices are advised to wear soft shell boots with ankle supports. The use of non-releasable bindings limits lower leg torsional injuries. Make sure your snowboard has a safety leash. Check you bindings by making sure all the screws are tight and in place.
4. Wear protective equipment. Wrist guards help prevent wrist sprain and fracture. A helmet should be worn to protect against head injury.
5. Snowboard on slopes suitable to your level.
6. Be cautious when boarding in deep powder among trees. Always do this with a buddy.
7. Adhere to snow conduct and safety codes.
 - Stay in control and be able to stop or avoid other boarders, skiers and objects.
 - It is your responsibility to avoid any boarder or skier ahead of you.
 - You must not stop where you obstruct a trail, half pipe, or park and are not visible from above.
 - When entering a trail, half pipe or park, yield to other boarders and skiers.
 - Always use safety straps to prevent runaway equipment.
 - Observe all posted signs and warnings. Keep off closed trails and out of closed areas.

Primary Authors

Dr. Eileen Bridges, MD, Dip Sport Med.
Dr. Nancy White, MD, Dip Sport Med.

Most snowboarding injuries occur traumatically, usually from a fall or due to a collision with another snowboarder or stationary object. In snowboarding, because both feet are strapped in, there tends to be less traumatic knee injuries than skiing (which involves greater twisting of the knees) and a significantly greater percentage of upper body injuries. Traumatic snowboarding injuries often occur when a snowboarder falls forwards or backwards onto their wrists and hands or backside, or, from other traumatic incidents involving collisions or falls onto the shoulders, elbows, head or neck. These injuries can include fractures or contusions, joint sprains or dislocations, ligament sprains or concussion with some conditions being quite serious. Most Common Snowboarding Injuries. Introduction Snow parks (SPs) are an essential part of what draws individuals to winter resorts. When compared to traditional skiing and snowboarding, SPs heighten the risk and severity of injuries, as well as the rate of hospitalization. The aim of this study is to contribute to the knowledge on accidents in SPs based on the self-reported statements of practitioners. Methods A questionnaire measured self-reported accident frequency and type, the nature of injuries sustained, the duration of the discomfort caused, and contributing factors such as terrain features. Demographic and sport-related data, such as ability and frequency of participation, were also collected. The questionnaires were administered in several SPs in the French Alps. What causes snowboarding injuries and what can you do to prevent them? While similar in many ways, skiing and snowboarding do have their differences. These sports vary greatly when it comes to the type of injury typically sustained by participants. Conditioning for skiing requires speed, strength, balance, and flexibility. Snowboarding requires similar conditioning, however, the way the body moves in each sport is fundamentally different. This difference tends to result in very different injuries in each sport. However, the upper extremity is in the position to take the force of a fall. When snowboarders fall, they land on their hands, shoulders, rear-ends, or heads. The most typical snowboarding injury is a wrist fracture. There are also wrist sprains and elbow contusions and dislocations. Snowboarding injuries can differ from skiing injuries. Learn about the most common snowboarding injuries, how you can prevent them, and what you can do to treat the pain if you are injured. The body's position faces sideways with the torso and shoulders twisted forward. Just from the basic stance, the body uses different muscles to snowboard down the mountain. Add in speed, jumps and other tricks, which uses a great deal of power, strength and endurance from the core and legs. Also note, when snowboarders fall, they tend to fall on their hands, knees, shoulders or heads. What Causes Common Snowboarding Injuries? Snowboarding without rest/Fatigue. Snowboarding at a higher skill level. A NewYork-Presbyterian orthopedic surgeon shares advice on how to help prevent injuries when you go skiing or snowboarding. Learn how to reduce the chance of knee and hip injuries when you hit the slopes. Save this to read later. Send to email. 7 Min Read Orthopedics & Sports Medicine. Each year, nearly 10 million people in the U.S. ski or snowboard. And while being active is good for one's health, those who hit the slopes are at risk of knee, hip, elbow, ankle, wrist, and other injuries. With some preparation, though, many of these injuries can be avoided.