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Cervical and skull-base fractures in young athletes

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Aim: Aim of this study was to review cases of combined cervical and skull base fractures in young patients (<40 years) during sports activity.

Material and Methods: During a 12 year period (2001-2012), 10 young athletes with combined cervical and skull base fractures sports activity were admitted to our hospital. 9 amateur athletes (90%) and 1 professional (10%), 9 males and 1 female, mean age 28, 5 years, range from 13 to 40 years. The fractures resulted mainly from falls during sea related sports and motor-cycling activity.

Results: Emergency CT-scan was performed in all 10 cases (100%). MRI evaluation was performed in 8 cases (80%) Surgery was required in 3 cases-30%, 2 cases (20%) of severe cervival fractures and 1 case (10%) of posterior fossa hematoma. Other injuries (leg and arm) were presented in 7 cases (70%).

Conclusions: Accurate initial support and primary health aid care for athletes with cervical and skull-base fractures during sports activity in young athletes appears to be necessary.