From the clinic

Bungee running – a new sport but old injuries

Chima Eric Mbubaegbu FRCSEd and Mark Rowntree FRCS
Queen Mary’s NHS Trust, Sidcup DA14 6LT, UK

Bungee running, a new sport related to bungee jumping, is fast becoming more common. This report of two cases of injury associated with it shows the need for safety precautions during the game.

Keywords: Bungee running, bungee jumping

Case reports

Case 1
A 13-year-old boy was doing a bungee run at school. At the end of his bungee, his adult catcher failed to break his fall and he sustained a greenstick fracture of the distal left radius (Figure 1). He was treated successfully with plaster immobilization.

Case 2
A 12-year-old girl stumbled as she was doing a bungee run, fell and sustained a greenstick fracture of the distal left radius (Figure 2). Immobilization in plaster was successful.

Figure 1. Greenstick fracture of distal left radius in Case 1

Figure 2. Greenstick fracture of distal left radius in case 2

Address for correspondence: C. E. Mbubaegbu FRCSEd, 187 Dumbreck Road, Eltham, London SE9 1RH, UK
© 1994 Butterworth-Heinemann Ltd
0306-3674/94/010058-02
Discussion

In bungee-running, the runner is attached by means of an elasticated band (bungee) to a secure point (usually a wall) and runs as fast as possible, stretching the elastic to its full extent. At the end of the run, the elasticity of the band pulls him back while there is an attempt to break his fall by another person. It is being practised in primary and secondary schools by children because it is assumed to be safer than bungee jumping. This report shows that there is a risk of injury of which teachers should be aware.

Fatalities have been reported from bungee jumping. Apart from the fatalities, the most serious injuries have been periorbital bruising. The absence of significant injuries and the presumed post-jump elevation of mood may account for its increasing popularity. The hormonal cause of the mood change in bungee jumping has not been found, though the design of the experiment to identify the hormones discussed has been criticized. The need to cause excitement with relative safety has led to the introduction of bungee running. The case of massive buttock haematoma occurring when the wall-fitting snapped and was catapulted to the patient was the first reported case of injury following bungee running.

The potential for injury in this sport should be recognized and preventive measures should be taken.

References


IN THE TREATMENT OF SOFT TISSUE INJURIES

HELP IS AT HAND.

Ibuleve Sports Gel harnesses the analgesic and anti-inflammatory power of ibuprofen in a topical gel.

Ibuleve Sports Gel's soothing and fragrance free formulation has been shown to be both easy to use and highly effective in bringing relief to the pain and inflammation associated with soft tissue injuries.

Suitable for use over several weeks, Ibuleve Sports Gel can, in appropriate cases, also be used as an ultra-sound coupling agent.

Availability without prescription allows your patients to continue their topical therapy between visits.

Ibuleve Sports Gel

A HELPING HAND IN THE TREATMENT OF MUSCULAR SPORTS INJURIES.

Ibuleve Sports Gel is available from pharmacies at a price below the NHS prescription charge.

DISTRIBUTED BY DDS LTD., 54 RICKMANSWORTH ROAD, WATFORD, HERTS, WD1 7JJ

Active Ingredient: Ibuprofen 5% w/w. Directions: Lightly apply a thin layer of gel over the affected area. Massage gently until absorbed. Wash hands after use. Repeat as required up to three times daily. Indications: To relieve pain and reduce inflammation in muscular sports injuries. Precautions: If symptoms persist for more than a few weeks consult your doctor. Not recommended for children under 14 years. Patients with a history of kidney problems, asthma or aspirin sensitivity should seek medical advice before using Ibuleve Sports Gel. Keep away from broken skin, lips and eyes. Not to be used during pregnancy or lactation.

Br J Sp Med 1994; 28(1) 59
Bungee running--a new sport but old injuries.

C E Mbubaegbu and M Rowntree

doi: 10.1136/bjsm.28.1.58

Updated information and services can be found at:
http://bjsm.bmj.com/content/28/1/58

These include:

Email alerting service
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/