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

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

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 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

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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 jumping¹. Apart from the fatalities, the most serious injuries have been periorbital bruising². 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 found³, though the design of the experiment to identify the hormones

has been criticized⁴. 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 patient⁵ 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.

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