Bungee running: a further report

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Further to the report from Queen Mary's NHS Trust on bungee running affecting children¹, we present three cases of injury in adults. Two cases of injury presented to Noble's (Isle of Man) Hospital and one to Whiston Hospital, Merseyside.

In all three cases, the competitors were trying to stretch the 'bungee' to grasp a pint of beer as a prize, much enthusiasm being shown by spectators. All injuries occurred when the competitors were catapulted backwards with some force.

Keywords: bungee, bungee running

Case one

A 35-year-old male presented to Noble's Hospital casualty department. He had been pulled backwards by a bungee rope and fallen heavily. He sustained an angulated fracture of the tibia and fibula, and was treated with a tibial intramedullary nail.

Case two

A 20-year-old female presented to Noble's Hospital casualty department having fallen onto her elbow. X-rays showed an undisplaced fracture of the radial head. She was treated with a broad arm sling and analgesia.

Case three

A 35-year-old man was pulled backwards and struck his head heavily on the floor. He was rendered unconscious. He was taken to Whiston Hospital casualty department where diagnosis of basal skull fracture and diffuse brain injury was made. He was admitted to the intensive care unit but died the next day.

Discussion

We believe this is the first death reported from this sport. Perhaps when played in pubs the participants

Figure 1. A competitor bungee running. Suitable head protection is worn and protective mats are present

may be less in control of their minds and movements than this sport demands.

None of the injured subjects wore any form of protective clothing and the hard floor was not made safer by mats or cushioning. Perhaps after the third case, which was reported in the national press, competitors will take reasonable precautions including knee and elbow pads. Head protection should be mandatory.

Acknowledgements

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References

- 1 Mbubaegbu CE, Rowntree M. Bungee running — a new sport but old injuries. *Br J Sp Med* 1994; 28: 58.