From the clinic

Blinding choroidal rupture in a karateka

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A case of unioocular visual loss secondary to trauma sustained during a competitive karate bout is reported. (Br J Sports Med 1995; 29: 273–274)

Keywords: choroidal rupture; karate

A 34 year old male, with previously documented 6/5 vision in each eye, attended an ophthalmic casualty department complaining of distortion in the central vision of the left eye. Three weeks earlier he had been competing in a karate tournament fought under World Union of Karate Organizations rules during which he had been punched on the left cheek. According to observers, he was instantly knocked unconscious and fell to the floor. Due to the consequent lack of protective reflexes he struck his head forcibly on the wooden floor and remained unconscious for some 30 min. Following this event he was observed in hospital overnight and discharged the next day with no apparent ill effects other than left periorbital bruising, a headache, and retrograde amnesia for the event.

Over the subsequent three weeks the patient noticed increasing distortion of the central vision of his left eye. On examination he had a visual acuity of 6/4 in the right eye and 6/12 in the left. Retinal examination showed a small choroidal rupture superotemporal to the fovea (Figure 1). There was no other ocular abnormality. Over the following two months his vision in the left eye deteriorated to 6/60 with a dense central scotoma on central visual field assessment. Clinical examination during this period showed an untreatable leash of subretinal neovascularization, with new blood vessels growing through the split in Bruch's membrane (the boundary between the choroid and the retina) from the underlying choroidal vasculature. This was confirmed by fluorescein angiography (Figures 2 and 3). At the time of discharge he had a disciform scar at the left fovea and an acuity of 3/60 with no possibility of improvement.

Discussion

To the best of our knowledge, this is the first blinding eye injury reported in a karateka. However, rather than view this as an interesting but isolated case, we feel this incident should remind all involved in the martial arts of the risks involved.

There are numerous published reports detailing both the frequency and severity of injuries sustained. One study in Scotland showed that over 25% of contestants in a karate competition sustained some type of injury and 41% of these injuries were to the head and neck. An

Figure 1. Left foveal scar, as seen ophthalmoscopically

Figure 2. Early phase fluorescein angiogram, showing a fine web of subretinal neovascularization

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Spontaneous rupture of the anterior cruciate ligament after anabolic steroids

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Anabolic steroids remain popular among body builders and power athletes despite numerous warnings about their side effects. A case of spontaneous rupture of the anterior cruciate ligament is reported in a bodybuilder taking steroids. While there are many published reports of tendon rupture associated with steroid intake, the authors could find no report relating to ligament disruption.

Keywords: anterior cruciate ligament, spontaneous rupture, anabolic steroids

Case report
A twenty two year old body builder presented one week after an apparently trivial injury to his right knee...