

ABSTRACT

The effect of spinal immobilization on healthy volunteers.

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STUDY OBJECTIVE: To determine the effects of standard spinal immobilization on a group of healthy volunteers with respect to induced pain and discomfort.

DESIGN: Prospective Study.

SETTING: University teaching hospital.

TYPE OF PARTICIPANTS: Twenty-one healthy volunteers with no history of back disease.

INTERVENTIONS: Subjects were placed in standard backboard immobilization for a 30-minute period. Number and severity of immediate and delayed symptoms were determined.

MEASUREMENTS AND MAIN RESULTS: One hundred percent of subjects developed pain within the immediate observation period. Occipital headache and sacral, lumbar, and mandibular pain were the frequent symptoms. Fifty-five percent of subjects graded their symptoms as moderate to severe. Twenty-nine percent of subjects developed additional symptoms over the next 48 hours.

CONCLUSION: Standard spinal immobilization may be a cause of pain in an otherwise subject.

Ann Emerg Med 1994 Jan; 23(1): 48-51