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## NTDB® data points

# Double McTwist 1260

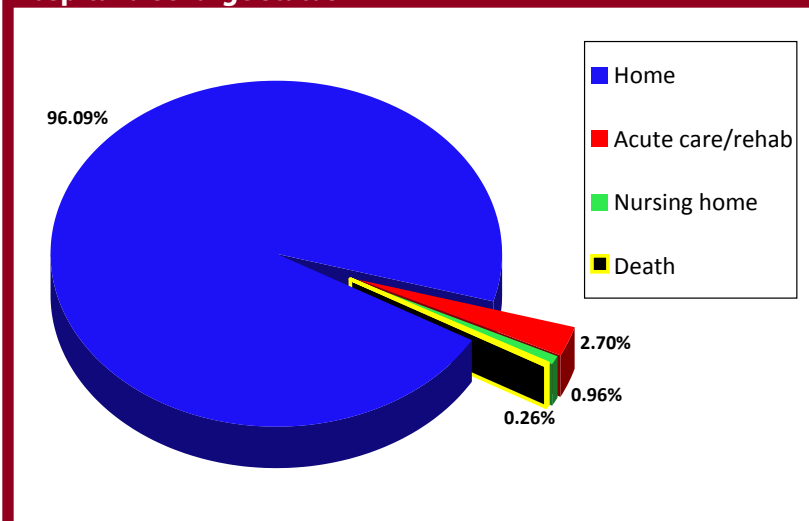
by Richard J. Fantus, MD, FACS

The McTwist dates back to the 1980s, when it was invented by skateboarder Mike McGill; these days, the maneuver is often performed by snowboarders. The McTwist involves a front flip while at the same time spinning a backside 540° (an outward rotation with the back facing downhill while doing one-and-one-half rotations). It wasn't until this February that the move became a household word. Earlier this year, the U.S. Olympic team made history as the most decorated winter team in U.S. history. One of the gold medal winners, Shaun White, is a pioneering snowboarding champion, and on February 18, 2010, he took his place in the record books. Through ingenuity, dedication, and hard work, he was able to perform a move that had the snowboarding world on their heads. He executed the Double McTwist 1260 (two flips and three-and-a-half spins) during his second run of the men's halfpipe, after he had already been assured of gold from his first stellar run.

The first modern snowboard is known as the Snurfer (a blending of the words "snow" and "surfer"), and was designed by Sherman Poppen for his children in 1965 in Muskegon, MI. It was essentially a skateboard without wheels and bindings, and it was steered by a handheld rope.

Snowboarding has continued

### Hospital discharge status



to evolve since its development in the 1960s and 1970s, and in 1998, it became a Winter Olympic sport (<http://www.abc-of-snowboarding.com/info/snowboarding-facts.asp>). According to a Centers for Disease Control and Prevention study on recreational injuries from 2004 to 2005, almost 213,000 people were treated each year in emergency departments for outdoor recreational injuries. Of those injured, 51.5 percent were ages 10 to 24, and the most common injuries were fractures of the arms and legs, with the top three mechanisms listed as snowboarding (25.5 percent), sledding (10.8 percent), and hiking (6.3 percent) (<http://www.cdc.gov/media/>

[pressrel/2008/r080610.htm](http://www.cdc.gov/media/pressrel/2008/r080610.htm)).

In order to examine the occurrence of snowboarding injuries in the National Trauma Data Bank® research dataset 2008, admissions records were searched utilizing the International Classification of Diseases, Ninth Revision, Clinical Modification (ICD-9-CM) cause of injury code E885.4 (snowboard). A total of 1,428 incidents matched this E code; 1,150 records had discharge status recorded, including 1,105 discharged to home, 31 to acute care/rehab, and 11 sent to nursing homes; three died (these data are depicted in the figure on this page). These patients were 82 percent male, on average 21.4 years of age,

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had an average length of stay of 2.7 days, and an average injury severity score of 7.5

Going down the slopes on a skateboard without wheels, like a surfer on the waves, appeals to a certain type of individual who enjoys the feeling of the wind in their face. With snowboarding as the leading mechanism of outdoor recreational sports injury, it is important for individuals to check their equipment, wear appropriate safety devices, know their limits, and leave the Double McTwist 1260 to the experts.

Throughout the year, we will be highlighting these data through brief reports that will be found monthly in the *Bulletin*. The *NTDB Annual Report 2009* is available on the ACS Web site as a PDF file and a PowerPoint presentation at <http://www.ntdb.org>. In addition, information is available on our Web site regarding how to obtain NTDB data for more detailed study. If you are interested in submitting your trauma center's data, contact Melanie L. Neal, Manager, NTDB, at [mneal@facs.org](mailto:mneal@facs.org).

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