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Acute Schmorl's Node during Strenuous Monofin Swimming: A Case Report and Review of the Literature

Study Design This case report describes an acute Schmorl's node (SN) in an elite monofin athlete during exercise. The patient presented with severe back pain and leg numbness and was managed successfully with conservative treatment.

Objective The aim of our communication was to describe a rare presentation of a common pathological condition during an intense sport.

Background Swimming is not generally considered to be a sport activity that leads to spinal injuries. SNs are usually asymptomatic lesions, incidentally found on imaging studies. There is no correlation between swimming and symptomatic SN formation.

Case Report A 16-year-old monofin elite athlete suffered from an acute nonradiating back pain during extreme exercise. His back pain was associated with a fracture of the superior L5 end plate and an acute SN at the L5 vertebral body with perilesional bone marrow edema. The pain resolved with nonsteroidal anti-inflammatory drugs and bed rest. The athlete had an excellent outcome and returned to his training activities 6 months after his incident.

Conclusion SN should be considered in the differential diagnosis of severe back pain, especially in sport-related injuries. SNs present with characteristic imaging findings. Due to the benign nature of these lesions, surveillance-only management may be the best course of action.

劇烈單蹼游泳中出現的急性薛門氏節點：病例報告和文獻回顧

研究設計 本病例報告是描述一位精英的單蹼運動員在運動時出現的一種急性薛門氏節點 (SN)。病人出現嚴重的背痛和下肢麻痺，最後以保守治療方法成功地治理。

目標 我們溝通的目的是描述一種在激烈的運動中常見的病理狀況及其罕見的表現方式

背景 一般而言，游泳不被認為是一種導致脊髓損傷的運動。薛門氏節點通常是在影像學檢查時偶然發現的無症狀性病變。目前是沒有游泳和形成病狀性薛門氏節點的的相關性。

病例報告 一名 16 歲的單蹼精英運動員在極端運動時出現急性非放射性背痛。他的背痛與 L5 上端板骨折和在 L5 椎體的急性薛門氏節點及瘤周骨髓水腫有關。他的痛楚以非類固醇

抗炎藥和臥床休息治療。這運動員有一個很好的結果，他在這事件的 6 個月後已返回他的訓練活動。

結論 薛門氏節點應該被考慮為嚴重背痛的鑑別診斷，尤其是運動損傷。薛門氏節點會出現特徵性的影像學結果。由於這些病變的良性性質，只是監察管理可能已是最好的行動方針。