



Presented at PRI Show in Indianapolis, IN with ICMS 13 December 2013

SESSION TITLE: Motocross Sports Medicine and Science

SPEAKERS: John Waraniak, VP Vehicle Technology SEMA; Dr. Amy McIntosh, MD, Mayo Clinic; Dr. John Bodnar, Director, Asterisk Mobile Medical Center; Dr. Paul Reiman, MD, Asterisk Mobile Medical Center

This session will focus on amateur and professional motocross and supercross injuries and address the cross-over research, findings and synergistic opportunities between two and four wheel motorsports safety. The first 20 minutes will be dedicated to amateur motocross racing. This data was gathered at Springcreek in Millville, MN and analyzed at the Mayo Clinic. Dr. Amy McIntosh will discuss common pediatric and adolescent orthopedic injuries, abdominal and chest injuries, early degenerative changes in the cervical spine, and traumatic brain injury (TBI)/ concussion.

Dr. John Bodnar, Director of the Asterisk Mobile Medical Center, has become an integral partner with the U.S. professional motocross and supercross community. For the past 11 years, he and his team has provided trackside emergency medical services at no cost to riders and support crews. He will discuss professional Motocross and Supercross injuries and injury patterns during the 2011-2013 racing seasons. He will also cover cervical spine/neck brace usage patterns and associated injury statistics.

Paul Reiman, M.D., Medical Advisor for the AMMC Concussion program, will discuss concussion evaluation and treatment process. Since 2012, all professional AMA riders now have to undergo mandatory baseline IMPACT (neuropsychological testing) prior to the racing season. Riders with a suspected concussion will be evaluated at the event, and if concussion symptoms are confirmed, the rider is suspended from participation. They will then be referred to a concussion specialist in their area for care and follow-up testing. When IMPACT testing has returned to baseline. The rider will then undergo an exertion stress test and if all three components are met – physician evaluation, examination after exercise, and an ImpACT test that returns to baseline – the rider will be released to riding. All riders must have a final evaluation, by the Chief Medical Officer of the event, at the Asterisk Mobile Medical Center prior to returning to competition. Dr. Reiman will discuss this program in detail along with future directions for concussion evaluation and management.

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