

Most Common Causes of Spinal Cord Injury in the US

VEHICLE ACCIDENTS (38%)

Cars and motorcycles are the most common cause of spinal cord injuries. Pedestrians and passengers often suffer spinal cord injuries in car accidents.

#1



#2



FALLS (31%)

A fall from any height can cause spinal cord injury. Falling down a flight of stairs or slipping in the shower. Older people are at the most risk due to age-related bone fragility.

VIOLENCE (14%)

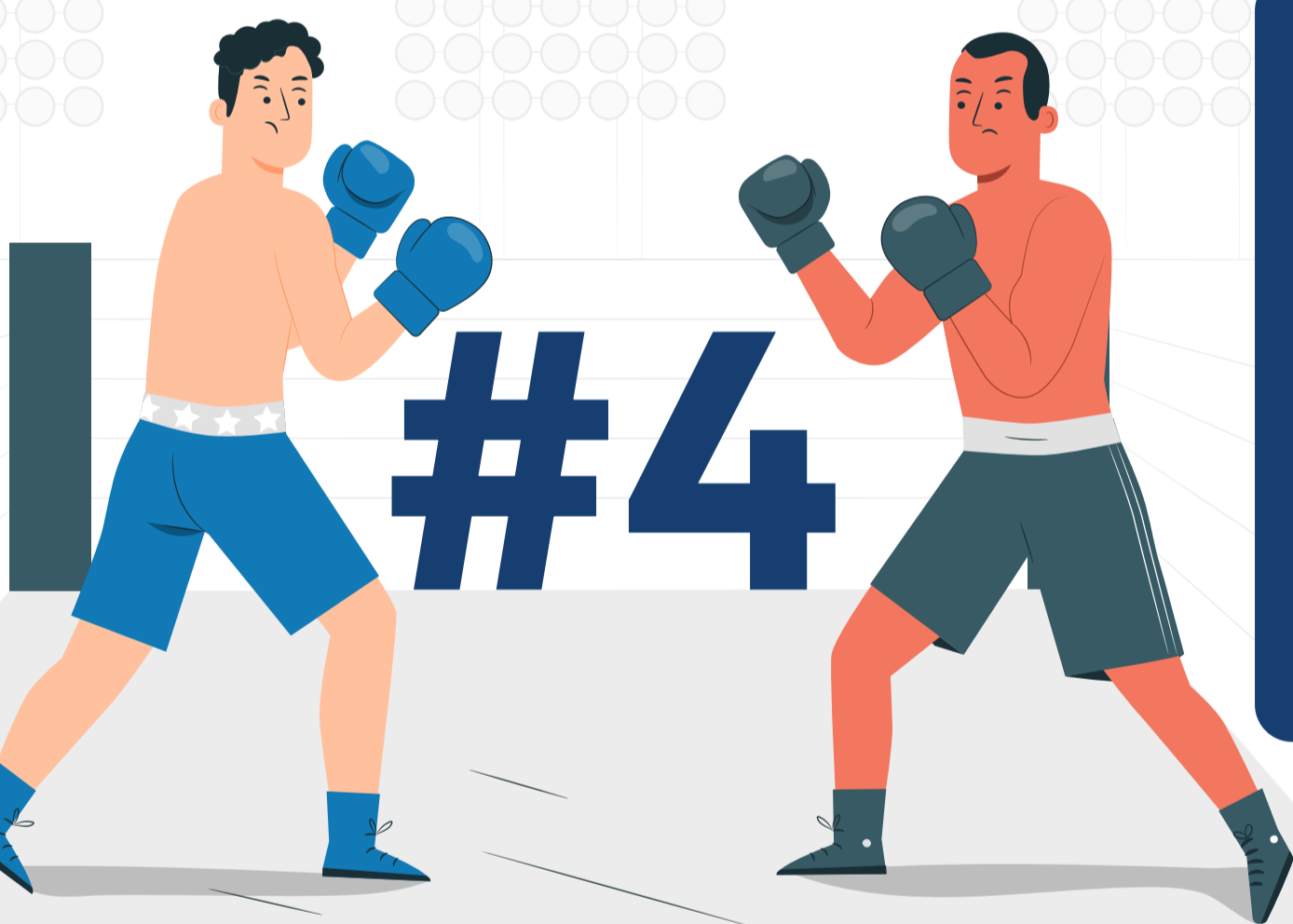
Gunshot wounds are the most common violent cause of SCI, but stabbing and assault with blunt objects can also cause SCI.



#3

SPORTS INJURIES (5%)

Many popular sports put players at risk for SCI. Skiing, winter sports, surfing, trampoline, football, wrestling, and gymnastics are some of the sports that most often cause paralysis.



SURGICAL COMPLICATIONS (4%)

Complications during surgery can cause a condition called compression neuropathy. Spinal hematoma, incision errors, and post-operative care can also cause spinal cord injury.



#6



DIVING ACCIDENTS (4%)

The surface of a pool or body of water will be hard on impact when diving from high altitudes. Landing head first can result in a broken neck and neck bones being pushed into the spinal cord.

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Source: (2021) *Recent Trends in Causes of Spinal Cord Injury*. National Spinal Cord Injury Statistical Center.