

# Letters to the Editor

## Letter to the Editor: Motocross Injuries in Pediatric and Adolescent Patients

*To the Editor:* We read with interest Dr. McIntosh and Dr. Christophersen's comprehensive and well-referenced review article titled "Motocross Injuries in Pediatric and Adolescent Patients."<sup>1</sup>

We recently reported a study of 35 pediatric and adolescent motocross athletes injured during competition or official practice; one fatality occurred when a rider struck a stationary observation tower.<sup>2</sup> This fatality highlights the need for careful attention to track design and regulation by the governing body, the American Motorcyclist Association. We also agree with Dr. McIntosh and Dr. Christophersen that compliance with existing American Motorcyclist Association equipment regulations needs to be enforced to minimize injury.

This sport is rapidly growing in popularity. Despite the recommendation by the American Academy of Orthopaedic Surgeons to limit motorbike riding in children aged <16 years,<sup>3</sup> we have observed a large trauma burden in young pediatric athletes at our level I trauma center. We congratulate Dr. McIntosh and Dr. Christophersen on raising awareness for all orthopaedic surgeons about the spectrum of injuries resulting from motocross competition in this exciting but dangerous sport.

*Christopher B. Arena, MD  
John Alexander Holbert, BS  
William L. Hennrikus, MD  
Hershey, PA*

### References

References printed in **bold type** are those published within the past 5 years.

1. McIntosh AL, Christophersen CM: Motocross injuries in pediatric and

adolescent patients. *J Am Acad Orthop Surg* 2018;26:162-165.

2. Arena CB, Holbert JA, Hennrikus WL: Injuries in the competitive paediatric motocross athlete. *J Child Orthop* 2017;11:175-179.
3. Larson AN, McIntosh AL: The epidemiology of injury in ATV and motocross sports. *Med Sport Sci* 2012;58:158-172.

## Reply to Letter to the Editor: Motocross Injuries in Pediatric and Adolescent Patients

*The Authors' Reply:* We appreciate the comments of Dr. Arena, Mr. Holbert, and Dr. Hennrikus in response to our article<sup>1</sup> and agree that careful track design and stricter regulation by the American Motorcyclist Association are necessary steps to help avoid future fatalities in the sport of motocross.

We also agree that the popularity of motocross, especially among youth riders, is skyrocketing and that orthopedic trauma is a common consequence of motocross participation.

The motocross community ignores the recommendations of the American Academy of Orthopaedic Surgeons to limit youth participation until age 16 years.<sup>2</sup> Therefore, we feel that we have an obligation to pediatric motocross patients and their parents with regard to safety education. As an orthopaedic community, we need to discuss the importance of wearing undamaged protective equipment (ie, helmet, goggles, neck brace,

*J Am Acad Orthop Surg* 2018;26:e379

DOI: 10.5435/JAAOS-D-18-00154

Copyright 2018 by the American Academy of Orthopaedic Surgeons.

*J Am Acad Orthop Surg* 2018;26:e379-e380

DOI: 10.5435/JAAOS-D-18-00357

Copyright 2018 by the American Academy of Orthopaedic Surgeons.