Paragliding

Paragliding is the recreational and competitive adventure sport of flying paragliders: lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure.

The pilot sits in a harness suspended below a fabric wing comprising a large number of interconnected baffled cells. Wing shape is maintained by the suspension lines, the pressure of air entering vents in the front of the wing, and the aerodynamic forces of the air flowing over the outside.

Despite not using an engine, paragliders flight can last many hours and cover many hundreds of kilometers, though flights of one to two hours and covering some tens of kilometers are more the norm. By skillful exploitation of sources of lift, the pilot may gain height, often climbing to altitudes of a few thousand meters.

Case reports

A 33-year-old female who had undergone C4-C5 CAD implantation presented with neck pain and spasm after experiencing a paragliding accident. A 4 mm anterior protrusion of the CAD was seen on x-ray. She underwent removal of the CAD followed by anterior fusion. Other cases of CAD extrusion in the literature are discussed and the device's durability and testing are considered.

Overall, CAD extrusion is a rare event. This case is likely the result of insufficient osseous integration. Patients undergoing cervical TDR should avoid high-risk activities to prevent trauma that could compromise the disc's placement, and future design/research should focus on how to enhance osseous integration at the interface while minimizing excessive heterotopic ossification [1].

[1]

Niu T, Hoffman H, Lu DC. Cervical artificial disc extrusion after a paragliding accident. Surg Neurol Int. 2017 Jul 7;8:138. doi: 10.4103/sni.sni_386_15. eCollection 2017. PubMed PMID: 28781915; PubMed Central PMCID: PMC5523474.

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