

# AOSSM YOUTH PITCHING SURVEY



# COMMOTIO CORDIS

TRAUMATIC ARRHYTHMIA

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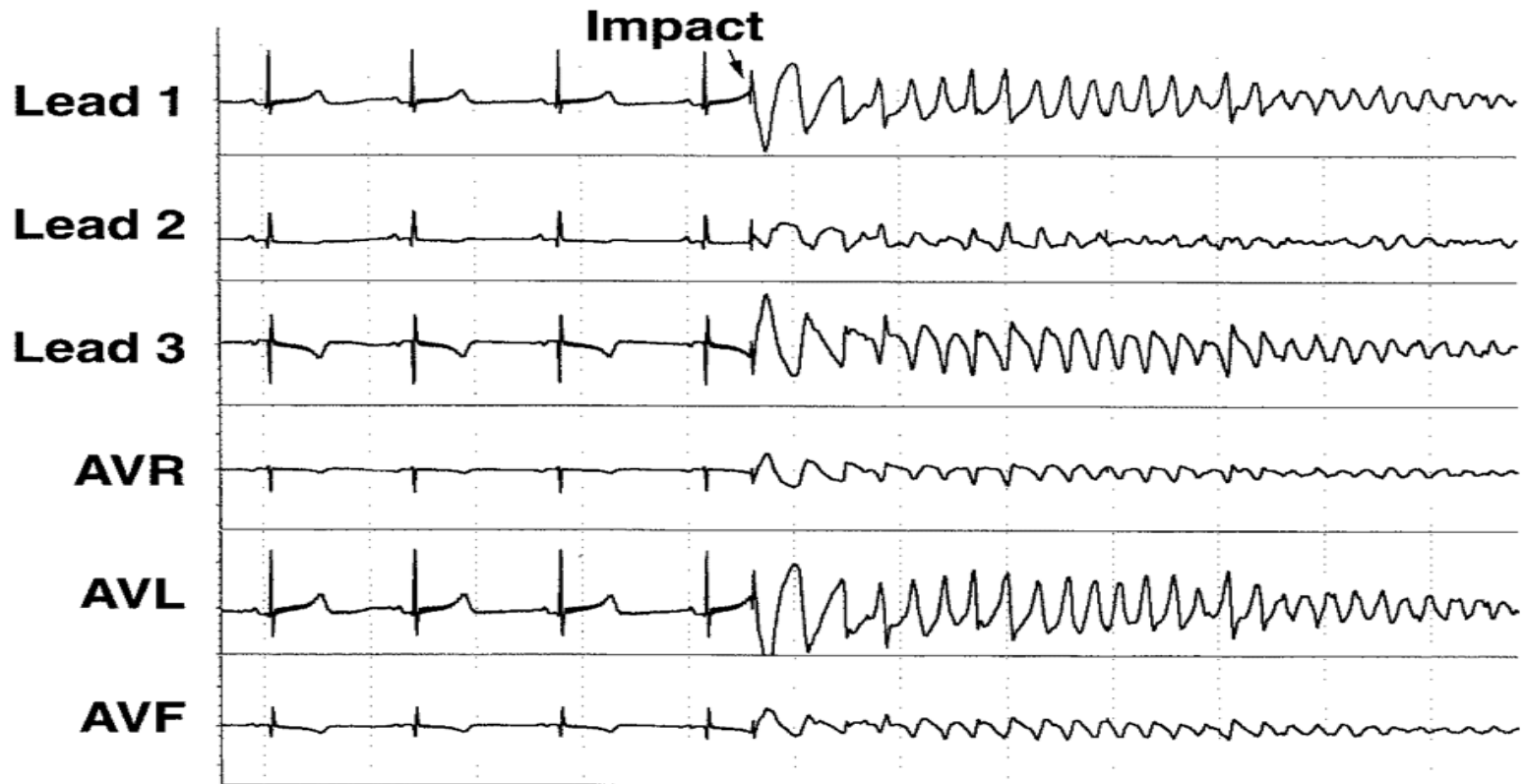
# COMMOTIO CORDIS

- **What is it?**
- **How does it happen?**
- **What do we know?**
- **How to help**
- **How to prevent it**
- **Review**

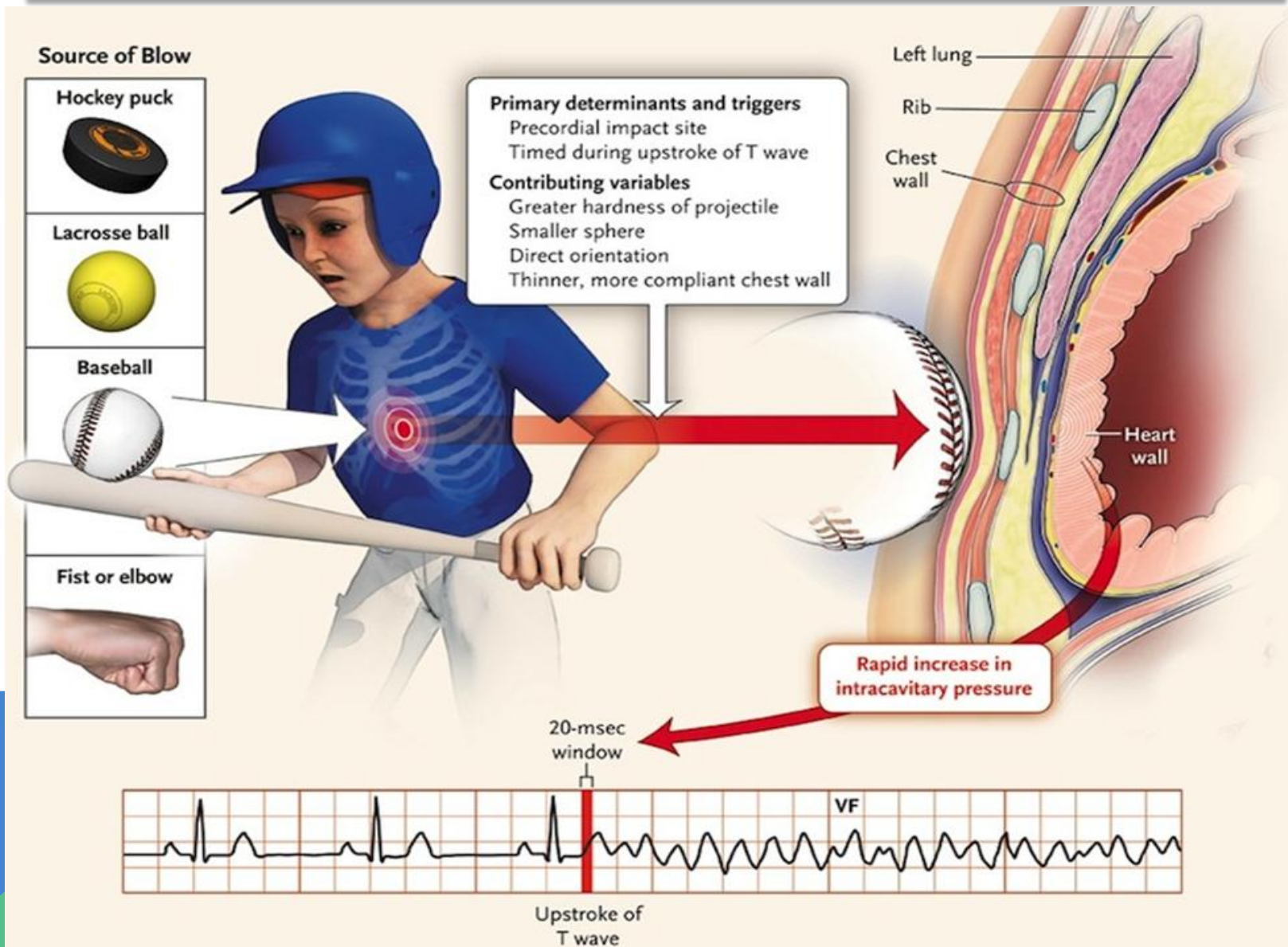


## WHAT IS IT?

An irregular heart rhythm caused by a blow to the chest, which is fatal if not electrically converted back to normal

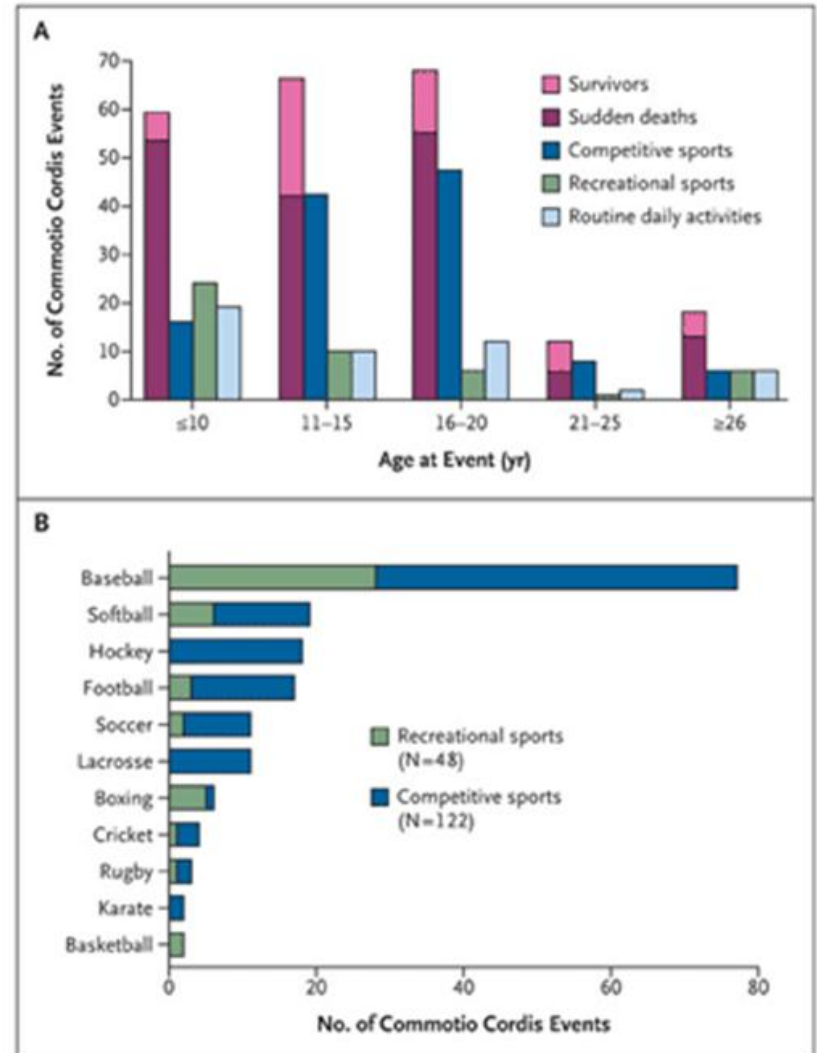


# HOW DOES IT HAPPEN?



# HOW COMMON?

- Very Rare
- Highest in Baseball and Softball
- < 50% Survivors



# WHAT DO WE KNOW?

Impact Triggers Activation of K+ Channels

Some individuals are more susceptible

Prevention is possible and key

“Precordial thump” not effective

Defibrillators Can Save Lives



# HOW TO PREVENT IT

## Safety Baseballs and Softballs

Softest Balls Show Improved Safety

## Chest Protectors?

Data is mixed

## Teach Self Shielding

Learning how to get hit

# COACHING IS IMPORTANT



## WHAT TO DO

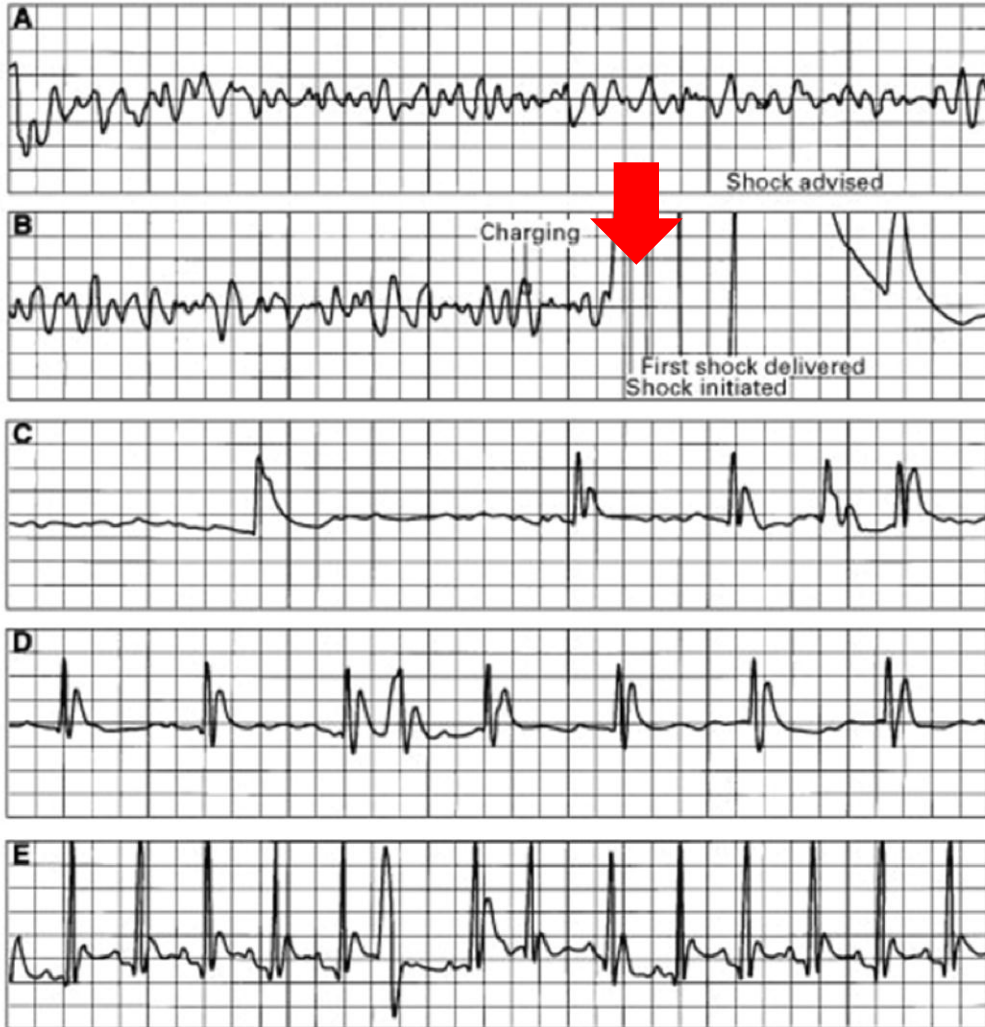
**“You! Call 911”**

**Start CPR**

**Use a defibrillator**



# USE A DEFIBRILLATOR



**Most Effective if  
Used within 3- 4  
minutes**

# USE A DEFIBRILLATOR

- Designed for non-medical operators
- Easy Picture Instructions
- Analyzes rhythm and advises
- Best chance of survival
- Don't touch patient during analysis and shock!



# REVIEW

Rare, Needs very specific conditions

Prevention is Key

You can save someone!

# Thank You

