

## High Intensity Workout Sparks Symptoms

Car accidents, falls, head trauma, pregnancy and even sky diving have all been reported as sparking Chiari symptoms, and now we can add CrossFit to the list. A 19 year old woman from Italy experienced continuous vertigo, nausea and vomiting for two days after a CrossFit workout. CrossFit involves high intensity interval training and the woman was one hour into an intense session when she started to feel symptoms and had to stop. The symptoms got worse over time and after two days she went to a hospital. An exam revealed she also had nystagmus, a rapid involuntary movement of the eyes. She was admitted and given medication which quickly relieved most of her symptoms. More tests led the doctors to believe the vertigo was neurological in origin and an MRI revealed a Chiari I malformation. Since her symptoms improved surgery was not recommended and she was discharged several days later. One year after the incident she was still symptom free but no longer did CrossFit training. How Chiari symptoms are sparked by certain physical traumas and activities remains one of the big unknowns in the Chiari research community.

**Source:** Acute Vertigo After CrossFit Workout in a Young Woman With Chiari I Malformation Giacomo Rossettini, Filippo Maselli, Cosimo de Filippis, Firas Mourad, Andrea Lovato. *Cureus* 2021 Feb 22;13(2):e13482.

*Conquer Chiari's research updates highlight and summarize interesting publications from the medical literature while providing background and context. The summaries do contain some medical terminology and assume a general understanding of Chiari. Introductory information and many more research articles can be found [www.conquerchiari.org](http://www.conquerchiari.org)*