Head and Neck Injury Risks in Heavy Metal: Head Bangers and a Hard Bass

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Instructions for WORD for Mac: 2011

Center title, author and College name approximately one-third of the way down the page. Do not include course name/number or date

You will need to change the default formatting options in Word for Mac 2011

- In “Styles” click on “No spacing”
- Set the font to Times New Roman; 12
- Open the “Paragraph” settings; change “Line spacing” to 2.0 for double spacing
- Click the Line Spacing Options button and select “Don’t add space between paragraphs of the same style”
- Open the “Layout” settings; set all margins to 1”

TO FORMAT HEADER:

NOTE: The header on page 1 is different than the header on the following pages.

FORMAT TITLE PAGE:
1. Place cursor in upper left of the page
2. In the Menu bar, click on View / Header and Footer
3. Open Document Elements tab; open the arrow at Header; select Basic (all pages)
4. Click in the left column marker, enter Running head: TITLE IN CAPS (max 50 characters). Delete center “Type text” marker.
5. If right column marker has dropped to the next line, use Delete to get correct line placement
6. Click in the right column marker; click on Page # icon; accept defaults: Top of page & right alignment; click on Show number on first page; Ok
7. Centered in the upper third of the page: Title; Name; College name
8. After College name: Within Document Elements tab / Insert Pages, click on Break/ Section Break/ Next page

FORMAT PAGE 2 WITH DIFFERENT HEADER:
9. Double click in header; Open Header and Footer tab; Click on Different First Page
10. Remove the words “Running head” from the header, leaving the title in caps (max 50 characters)
11. If the “Type text” column marker remains in the header, just delete it, leaving the page number in place.
12. Save and close header
Head and Neck Injury Risks in Heavy Metal Concerts

Young people at heavy metal concerts often report being dazed and confused, possible symptoms of mild traumatic brain injury. Little formal injury research has been conducted on the phenomenon of head banging, even though case reports indicate the inherent risks in this activity, especially in head and neck injury. Head banging is a violent activity associated with hard rock and various subgenres of heavy metal. Over the past five years hard rock and heavy metal have contributed to about 30% of all record sales in the United States (Fine, 2008) and, as of 2002, rock albums have outsold pop albums (Brandle, 2003).

The second highest selling album of all time is AC/DC’s Back in Black, which has sold about 42 million copies worldwide (Kimpton, 2008). Two slightly more recent albums, Bon Jovi’s Slippery When Wet and Guns N’ Roses’ Appetite for Destruction, have each sold about 28 million copies (Bennett, 2008; Thompson, 2008). Though exposure to head banging is enormous, opportunities are present to control this risk—for example, encouraging bands such as AC/DC to play songs like “Moon River” as a substitute for “Highway to Hell”; public awareness campaigns with influential and youth focused musicians, such as Sir Cliff Richard; labeling of music packaging with anti-head banging warning, like the strategies used with cigarettes; training; and personal protective equipment.

Results

Figure 1 shows HIC versus music tempo and thresholds for severity of head injury according to abbreviated injury scale 1, 2, and 3. If the head and neck range of motion exceeds 45° there are definite risks of mild traumatic brain injury related...
References


[BCHS NOTE: page numbers were not included in many of the references from the original article. APA style would differ from the style used for the original manuscript.]
Figure 1. Head banging tempo v the Head Injury Criteria for various head and neck ranges of motion (45° to 120°). Abbreviated injury scale thresholds indicated as horizontal lines.

Please note: The article used, above, to illustrate APA formatting in Microsoft Word was adapted from: http://www.bmj.com/cgi/content/full/337/dec17_2/a2825. The correct citation for this article is: