The Origins of the Treatment of Traumatic Spinal Injuries

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With the advent of the Second World War, German refugees, many of whom had worked in the field of neurology (including Ludwig Guttmann), came to the United Kingdom armed with a thorough training in neurology and rehabilitation and applied these principles to the treatment of spinal injuries for the benefit of the country which gave them refuge.

\textbf{Introduction}

The development of spinal injury units during the Second World War was one of the success stories of neurological rehabilitation, demonstrating that patients could be kept alive and returned to a useful life.

The successful treatment of spinal injuries is usually attributed to Donald Munro (1936, USA) and Ludwig Guttmann (1944, UK); yet Dr. Kluger, a retired German surgeon, has suggested that the treatment of spinal injuries originated not in the United States or Britain but in Germany before the First World War\textsuperscript{[1]}. He argued that this knowledge was suppressed and forgotten. This paper explores this argument further.

\textbf{Historical Background}

The first effective spinal unit was established by Wilhelm Wagner (1848–1900) at the end of the 19th century in a place called Königshütte in Germany. Wagner founded the unit to treat injured miners who had sustained spinal inju-
ries as a result of collapsed tunnels. Patients were turned regularly and their bladder drained so that early deaths from pressure sores and urinary tract infection could be avoided. Some patients were discharged home but after Wagner’s death the unit closed down. Emil Theodor Kocher (1841–1917), using the same principles, treated spinal injury patients in Bern, Switzerland (see fig. 1) Wagner and Kocher’s textbooks became the standard references for the treatment of spinal injuries during the First World War [2, 3].

Methods of Treatment

Doctors recognised that patients with spinal injuries would need lifelong care. Marburg, already a professor of neurology, established a spinal unit in Vienna with a team of specialists in urology, neurology, neurosurgery and orthopaedic surgery. He described the importance of supervising the nursing staff and monitoring the patient’s bladder. He incorporated physiotherapy in his treatment regime and endeavoured to return the patients home. With Ranzi, he assessed the benefits of early surgery upon the damaged spinal cord [5].

France

Casualties suffering from traumatic spinal cord injuries were initially treated in military hospitals and later transferred to two specialised units: namely, first L’Hôpital des Invalides, under the care of Mme Déjerine and her team which included a surgeon, a neurologist and Dr. Hugonet who managed the patient’s bladders and pressure sores, and second The Salpêtrière Hospital under the care of Jules Déjerine (1849–1917), George Guillian (1876–1961), Pierre Marie (1853–1940) and Jean Camus (1872–1924) [4].

Methods of Treatment

French doctors understood the principles of treatment but implementation was lacking due to poor facilities. Although they recognised the importance of draining the bladder by catheterisation, this procedure was left to the nursing staff. Similarly, doctors recognised the importance of preventing pressure sores through regular turning and avoiding urinary maceration of the skin but did not appreciate that when a sore develops, pressure must be relieved. They advocated early transfer to a specialised unit but these principles were not adhered to and consequently soldiers were admitted with pressure sores and urinary infections and most of them perished. In 1916, Guillian and Jean Alexandre Barré (1880–1967) treated 100 soldiers; 82 suffered an immediate death and 18 died within 22 days [6]. Jules Déjerine was in charge of the neurological unit at The Salpêtrière Hospital. His wife, Mme Auguste Déjerine Klumpke (1859–1927), worked with him but later moved to L’Hôpital des Invalides, the

The Treatment of Spinal Injuries during the First World War in Germany (Including all European German-Speaking Countries), France and the United Kingdom

Germany

Patients were treated in Vienna by O. Marburg (1874–1948), E. Ranzi (1875–1939) and A. Eiselberg (1860–1939), in Tübingen Leipzig by C. Perthes (1869–1927) and Paul Fraugeheim (1876–1930), in Berlin by F. Krause (1856–1937), A. Borchard (1864–1940) and R. Cassirer (1868–1925) and in Breslau by Otfrid Foerster (1873–1941) and Sigmund Weil (1881–1961) [5].

Fig. 1. Theodor Kocher, Bern, Switzerland. Reproduced by the kind permission of the Wellcome Library, London.
only specialised spinal unit in France and there she endeavoured to rehabilitate the patients (see fig. 2). Later she worked with Camus in a rehabilitation unit near Fontainebleau [7].

The United Kingdom (UK)

At the outset of the War, the Regular Army Medical Officers ceased clinical work in order to perform an administrative role. A few doctors were recruited and consultants from the Voluntary Hospitals continued to practise in London while visiting Military Hospitals on a rotating basis. Patients were congregated at the receiving hospitals and transferred to the United Kingdom for treatment but it soon became apparent, just as in the other countries involved in the conflict, that segregation and specialisation were essential to treat head injuries, neurotrauma, spinal injuries, abdominal wounds and orthopaedic injuries [4].

Methods of Treatment

The lack of a coordinated approach to the treatment of spinal injuries resulted in a high mortality rate because of both ascending infections of the renal tract and the presence of pressure sores [8, 9]. If they survived the battle field, soldiers with spinal injuries came under the care of Gordon Holmes (1876–1965) in the Military Field Hospitals in France and were transferred to the London Hospital under Henry Head (1861–1940) or to the King George V Hospital under Charles Charters Symonds (1852–1932). Injured officers were transferred to The Empire Hospital in London, a neuro-trauma unit staffed solely by neurologists (among them George Riddoch (1888–1947), Henry Head and Samuel Kinnier Wilson (1878–1937)). The unit lacked a urologist but nevertheless, the results were better than in other hospitals. The fundamentals of treatment were recognised although these were not documented until 1924 with the publication of a Medical Research Council (MRC) instruction manual setting out the key principles of treatment [10].

Overview of the Three Countries

Despite the hostilities, Germany, France and the United Kingdom all hosted medical conferences on the treatment of spinal injuries and the results of the German conferences were translated into English and widely available. In Germany, where nursing care was meticulous and closely monitored by doctors, the death rates were lower but still deplorable. Marburg recorded 50 deaths out of 150 (33% mortality) [5]. In France, Guillaum and Barré recorded a mortality of 82%, not much worse than that experienced by Symonds in the United Kingdom where 65% of soldiers died [6, 9]. In a specialised centre, the patient had a chance of survival but, as Marie advocated, it was vital that the treating doctor regularly supervised the nursing staff so that catheters were changed under strict aseptic conditions and pressure areas inspected regularly [11]. When the War ended the flow of injured soldiers ceased, the military hospitals closed down and important lessons, painfully learned, were forgotten.

Long-Term Medical and Social Care of Surviving Paraplegics after the War

In Germany, spinal units closed and spinal injury patients were looked after by neurologists and psychiatrists, but the standard of medicine was exceptional. Marburg returned to his professorial unit in Vienna where he treated all forms of neurological disease including paraplegia and he maintained his interest in the subject by writing the section on spinal injuries in the Handbook of Neurology [12]. He also discussed the importance of preventing sporting injuries of the spine. In 1925, an innovative accident hospital opened in Vienna under a gifted visionary surgeon, Lorenz Böhler (1885–1973); his ideas influenced the world, in particular, the accident and emergency movement in Britain [13]. Böhler’s clinic was organised meticulously and he supervised all aspects of treatment. There was an interchange of roles whereby nurses and orderlies carried out the work that doctors would usually have undertaken, thereby providing continuity of care. This thus became the forerunner of spinal injury management. Böhler carried out all forms of rehabilitation including that of spinal injury patients. Specialisation was encouraged throughout
Germany where neurology was well established as a speciality. Foerster set up a comprehensive neurological rehabilitation unit for patients with peripheral nerve injuries.

In France, talented doctors Jean-François Calot (1861–1944), Marie, Joseph Babinski (1857–1932), Charles Claude (1869–1945), Gustave Roussy (1874–1948), Jean Lhermitte (1877–1959), Guillon and Barré had left their civilian practices to treat injured soldiers in a series of military spinal injury units. After the War, they returned to their original hospitals, Calot to his famous Orthopaedic Institute at Berck sur Plage, Marie, Babinski, Guillon and Camus to The Salpêtrière Hospital, Roussy and Lhermitte to the Hôpital Paul Brousse in Villejuif, Claude to the Hôpital St. Anne, and Barré as head of a neurological unit in Strasbourg. They pursued their interests in neurology but the treatment of spinal injuries was no longer their main focus [14].

While the treatment of injured war veterans was inadequate and limited to massage and electrotherapy (described as ‘instrumental orthopaedics’), in contrast to Britain, there were units treating paralysed patients in large hospitals including L’Hôpital des Invalides in Paris, Mme Déjerine’s vocational rehabilitation unit near Fontainebleau and Bidou’s unit at The Salpêtrière Hospital. Dr. Gabriel Bidou (1878–1959), who trained under Calot, set up the first department for ‘Récupération Fonctionnelle’ or physical rehabilitation for bedridden disabled patients at the Salpêtrière in 1927 in Guillon’s neurology unit [15].

In the United Kingdom, all but one of the military hospitals closed down and doctors returned to their pre-war clinical practices in neurology. The Empire Hospital became a hotel and the King George V Hospital became a warehouse [16]. An exception was the Military Orthopaedic Hospital in Oxford, which was bought by Lord Morris and became the Nuffield Orthopaedic Hospital [17].

Long-term survivors were admitted to the Royal Star and Garter Home where doctors tried to rehabilitate them with physiotherapy but most patients languished there with renal sepsis and pressure sores. The urologist J. Thomson Walker (1871–1937) visited the Royal Star and Garter Home infrequently and Riddoch and Head never went there at all [4, 18].

Civilians were cared for in General Hospitals where there was the knowledge to treat the patients but the facilities were lacking and treatment was desultory. The Royal Colleges and the consultants at the Voluntary Hospitals opposed specialisation. Paralysed patients were treated in the first instance by the neurologists at The National Hospital for Nervous Diseases at Queen Square whose interest lay in diagnosis not treatment and there were no beds for long-term rehabilitation. Neurologists were few and far between; they had a low status in the hospital hierarchy and were rarely on the staff of the Voluntary Hospitals. The long-term treatment of paralysed patients was delegated to orthopaedic surgeons who also suffered from a low status within the profession. Most did not hold an appointment at a Voluntary or General Hospital; they worked in specialist hospitals including The Agnes Hunt and Robert Jones Hospital at Oswestry, nursing homes and spas.

Discussion

During the First World War in Germany, in France and in the United Kingdom, casualties with spinal injuries were treated in designated spinal units where they were congregated under the care of well-trained neurologists and there was a systematic approach to treatment. After the War, with fewer newly injured patients, the spinal units closed down.

Long-term treatment of chronic spinal injury patients in France and the United Kingdom was unsatisfactory despite French attempts at rehabilitation. Merle d’Aubigné (1900–1989) was critical of his French colleagues, describing them as chauvinistic and isolated from the outside world, and eventually the knowledge was lost [19].

During the War, the Germans achieved the best results with regard to the treatment of spinal injuries. They had specialists in neurology, physical medicine and rehabilitation.

The Pre-Eminence of German Medicine and its Influence on the Treatment of Spinal Injuries

Rehabilitation and the development of spinal injury treatment did not arise as an isolated phenomenon in Germany; it was a reflection of the high status of medicine in society. There was an integrated approach to medicine with professorial departments based on research and teaching [20]. Doctors came from all over the world for training.

Rehabilitation

Germany was a pioneer in the field of neurology and psychiatry and was the birthplace of neuropathology. Doctors had laid the foundation for rehabilitation treatment and Germany continued its long-standing tradition
of exercise therapy in between the wars in several innovative rehabilitation departments in Germany and Austria. Heinrich Frenkel (1860–1931), a spa doctor in Switzerland, pioneered rehabilitation by teaching his tabetic patients to walk, using their eyes to compensate for the loss of position sense.

Trained by Frenkel and Carl Wernicke (1848–1905), Foerster’s professional thesis was on coordination and he set up the first department of neurology separate from that of psychiatry in Breslau. As Wernicke’s assistant, he tried to establish a scientific basis for physical rehabilitation and physiotherapy: ‘he caused the lame to walk and the blind to see’ [21]. His particular interest in peripheral nerve injuries started during the First World War when he treated 4,748 such patients and operated on 775. When he returned to his neurosurgical department in Breslau after the War, he treated all forms of neurological disease including spinal injuries. Like Böhler, he recognised the importance of continuity of care and he saw each patient as an experimental model. He examined them before starting treatment and he monitored the results. He investigated the recovery of peripheral nerve function through studies on sweating and thermoregulation. Crucially, Foerster trained Ludwig Guttmann in the management of peripheral nerve injuries and it was this rigorous Prussian training that influenced Guttmann in the founding of the only successful spinal unit in the United Kingdom at Stoke Mandeville Hospital (see fig. 3–5) [22].

**The Decline of German Medicine under the Nazis**

German medicine maintained its pre-eminent status until 1933 but after the advent of Hitler there was a dramatic decline in German medicine and the knowledge was lost. Specialisation and specialist hospitals were opposed in favour of general practice. Anyone who did not remain fit and healthy and contribute to the good of the state became a burden on society, ‘life unworthy of life’, and therefore, the rehabilitation of spinal injury patients was anathema [23]. Under the Nazi regime, unable to practise and fearing for his life and that of his family, Guttmann like many other Jewish doctors fled the country with the aid of the Council for the Assistance of Refugee Academics (CARA).

**The Second World War**

Britain drew up plans to treat the many casualties expected, particularly from bombing. Anticipating a short war, Hitler did not make provision for the setting up of spinal units. France rapidly became an occupied country and therefore, could not implement provision for the treatment of soldiers with spinal injuries.

In Britain, at the outset of the Second World War, spinal units were set up all over the country under the direction of four consultants: the neurosurgeons Norman Dott (1897–1973) in Glasgow and Geoffrey Jefferson (1886–1961) in Manchester, the orthopaedic surgeon, Frank Holdsworth (1904–1969) in Sheffield and the neurologist George Riddoch in the South of England. They visited these units only sporadically and the patients were covered with sores and suffered from urinary sepsis. Nursing staff were inadequate in number and poorly trained and there were no physiotherapists, no occupational therapists and no equipment. Patients were no better after three years than when first admitted [24]. Patients with spinal injuries were scattered around the hospitals and junior resident doctors visited them only after having performed their other clinical duties. A defeatist attitude prevailed. When Robert Lipchitz, Registrar to Professor Dott in Scotland, told him he wanted to look after spinal patients, Dott replied ‘of course but after you have finished your other work’ [25]. In the spring of 1944, a Dr. Allen was summoned to group headquarters and ordered to open a spinal unit at Leatherhead Hospital and told ‘as you know, they are hopeless cases – most of them die but you must do your best for them’ [26].

It was only when Guttmann was appointed as the only full-time Resident Medical Officer to Stoke Mandeville that the situation changed. He instituted a Prussian regime in his unit in the Foerster and Böhler tradition of medicine. He trained and supervised the auxiliary and nursing staff and took the overall responsibility for all aspects of patients’ care [27].
Conclusion

Ludwig Guttmann lacked practical experience in treating spinal injuries since he was trained in the rehabilitation of patients with peripheral nerve injuries. When he came to the United Kingdom in 1938, he spent five years in Oxford carrying out research; he bitterly resented not being allowed to treat patients. In 1944, Riddoch asked him to lecture at the Royal Society of Medicine on the treatment of peripheral nerve injuries [28]. When he was appointed to Stoke Mandeville Hospital, these principles imparted by Foerster became the bedrock of the treatment of spinal injuries.

This study supports Kluger’s contention that the treatment of spinal injuries originated in Germany but was
suppressed and forgotten. Having led the field in neurology, neurosurgery and rehabilitation, Germany became isolated from the rest of the world during the Second World War and the knowledge was lost. Ludwig Guttmann fled to England and, because of his expertise in the treatment of peripheral nerve injuries, he was put in sole charge of a ward of ‘hopeless’ patients at Stoke Mandeville. Spinal injuries was an unpromising and neglected field of medicine. There he applied the principles of treatment he had been taught by Foerster in Breslau for treating spinal injury patients, giving them their lives back. He founded the sports movement as a means of rehabilitation that has straddled the world. Guttmann was not unique [29]. Other Jews including Ernst Chain (1906–1979), Hans Krebs (1900–1981), Bernard Katz (1911–2003) and Otto Loewi (1873–1961) fled Germany and brought their expertise to bear in other fields of science and medicine. What unites them is a thorough scientific training. Armed with a rigorous methodology, they applied their knowledge and their methods to the great benefit of the countries that gave them refuge.

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Disclosure Statement

None declared.

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