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Motor vehicle crashes are still the leading cause of spinal cord injuries and account for 38% of all injuries according to the National Spinal Cord Injury Statistical Center. The best way to avoid these injuries is looking at primary prevention.

It is important to follow basic rules and regulations when you or a loved one decides to get behind the wheel. Some safety tips include always wearing a seat belt, obeying the speed limit and paying attention to the road as distracted driving is increasing with the use of cell phones. Studies have shown that the drivers who use a cell phone while driving have a 4 time greater risk of having a motor vehicle crash than those who do not. Various campaigns have targeted distracted driving including 'Take This Phone and Glove It' which encourages drivers to place their cell phones and electronic devices in the glove box of their cars as they assume the driving position; the campaign aspires to make the placing of a cell phone in the glove box an immediate and nearly automatic behavior, in the same way most of us apply our seat belts without giving it any thought. Other campaigns attempt hands free driving with resulting fines and punishment if not enforced. So remember to take your phone and glove it when getting into the car!

Another important point worth mentioning is- the eradication of driving under the influence of drugs or alcohol, as this results in the death of 100,000 people per year, with 25%-35% of non-fatal motor vehicle accidents resulting in traumatic injuries. Primary prevention is the first step in decreasing the incidence of the leading cause of traumatic spinal cord injuries.