

## **NECK / SPINE INJURY**



## INFO@LIFTTRAINING.CA

## WHAT TO DO

- Assess sensation and movement in the fingers and or toes following a neck/spine injury.
- DO NOT move the injured player
- If spinal injury is suspected, call
  911

## If lack of sensation/movement is present in the hands or feet or if a spinal injury is suspected CALL 911

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