



HEAD, NECK & SPINE

INJURY IDENTIFICATION AND MANAGEMENT

YEARLONG NECK STRENGTHENING PREVENTION SAFE & EFFECTIVE CONTACT TECHNIQUES

TRADITIONAL SIGNS AND SYMPTOMS OF A POTENTIAL SPINAL CORD INJURY:

- A visible deformity or change in shape of the player's spine
- The player may experience severe pain at the site of injury
- The player is unable to move their arms or legs
- They are unable to feel anything in their arms or legs
- Pins and needles in the arms or legs is common
- There might or might not be swelling visible in the injured area
- The player breathes using their stomach only, and not using their chest
- In males, they could also experience priapism or have an erection
- They have an abnormally low heart rate for someone who has been exerting themselves on the rugby field

ADDITIONAL CUES RECEIVED THAT MIGHT ASSIST IN CONFIRMING A SUSPECTED SPINAL CORD INJURY:

- Sudden inability to move
- Felt a 'buzzing' sensation
- Heard something like gunshots in the head
- Felt like a tree branch bending then breaking
- Started feeling numb from feet and finger tips
- Confused and frequently trying to get up or asking others to help them up
- Immediate loss of feeling and struggling to breathe
- Wanted to stand up, but could not understand why they couldn't
- Had no pain, but could not move
- Could not see or smell anything; sensory shutdown
- Unable to hear or talk
- Severe pain and feeling like 'on fire'; an intense burning sensation, or feeling incredibly 'hot'
- Feeling like legs were floating in the air



SIGNS AND SYMPTOMS + MECHANISM OF INJURY - GREATER POTENTIAL FOR GETTING IT RIGHT!

THE QUICKER YOU ACT, THE BETTER THE OUTCOME!

WATCH THE GAME!
DON'T SIMPLY MOVE OR ROLL THE PLAYER OVER!

IS THERE A PROBLEM?

YES

Stop the game and manage
Full spinal precautions on-field
Activate your Emergency Action Plan (EAP)

NO

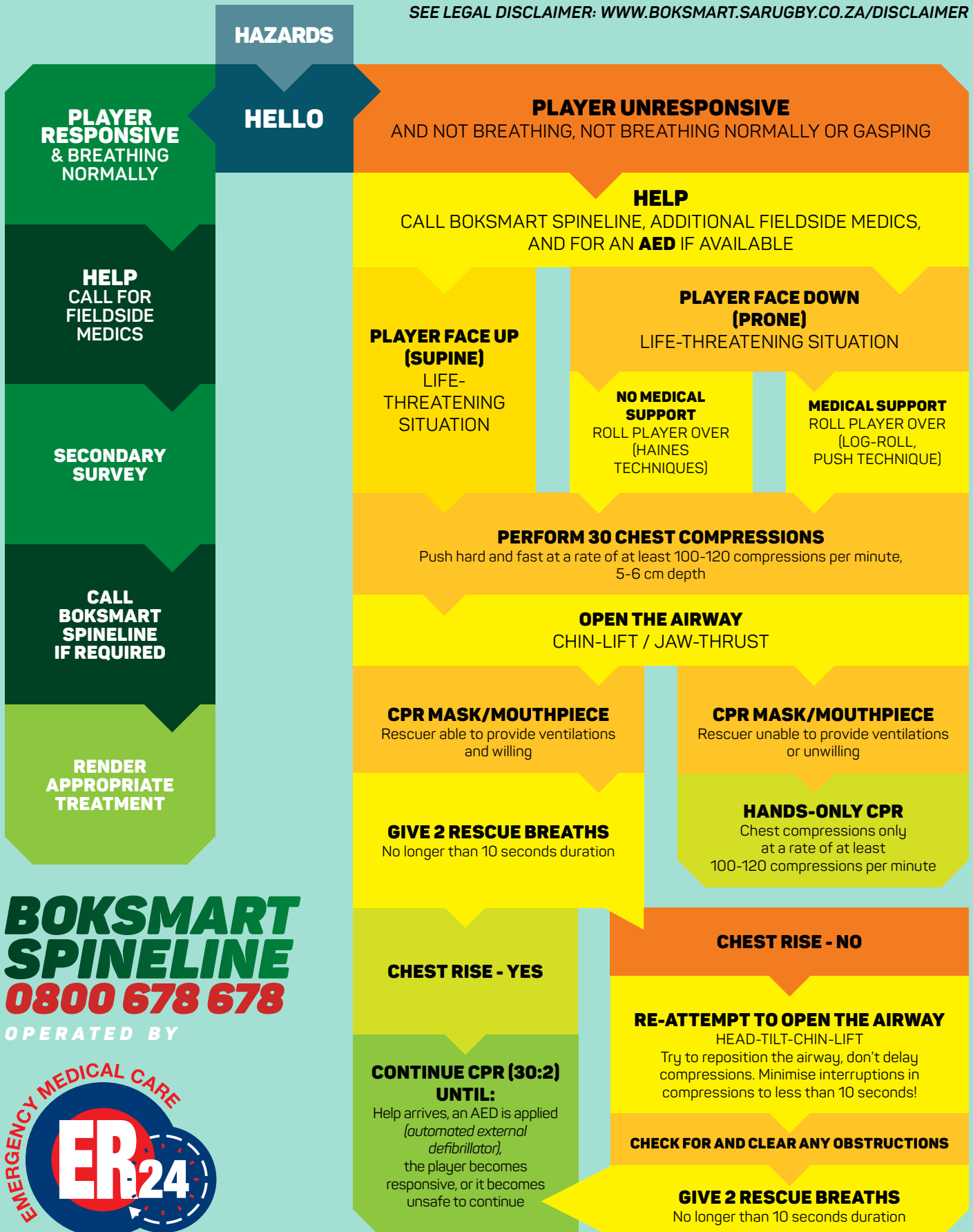
Carry on,
assess and clear
or remove the player

KEEP THEM ON THE FIELD, BY PUTTING IN THE HARD WORK, OFF IT!

TREATMENT FLOW DIAGRAM

FOR SUITABLY TRAINED MEDICAL SUPPORT PERSONNEL

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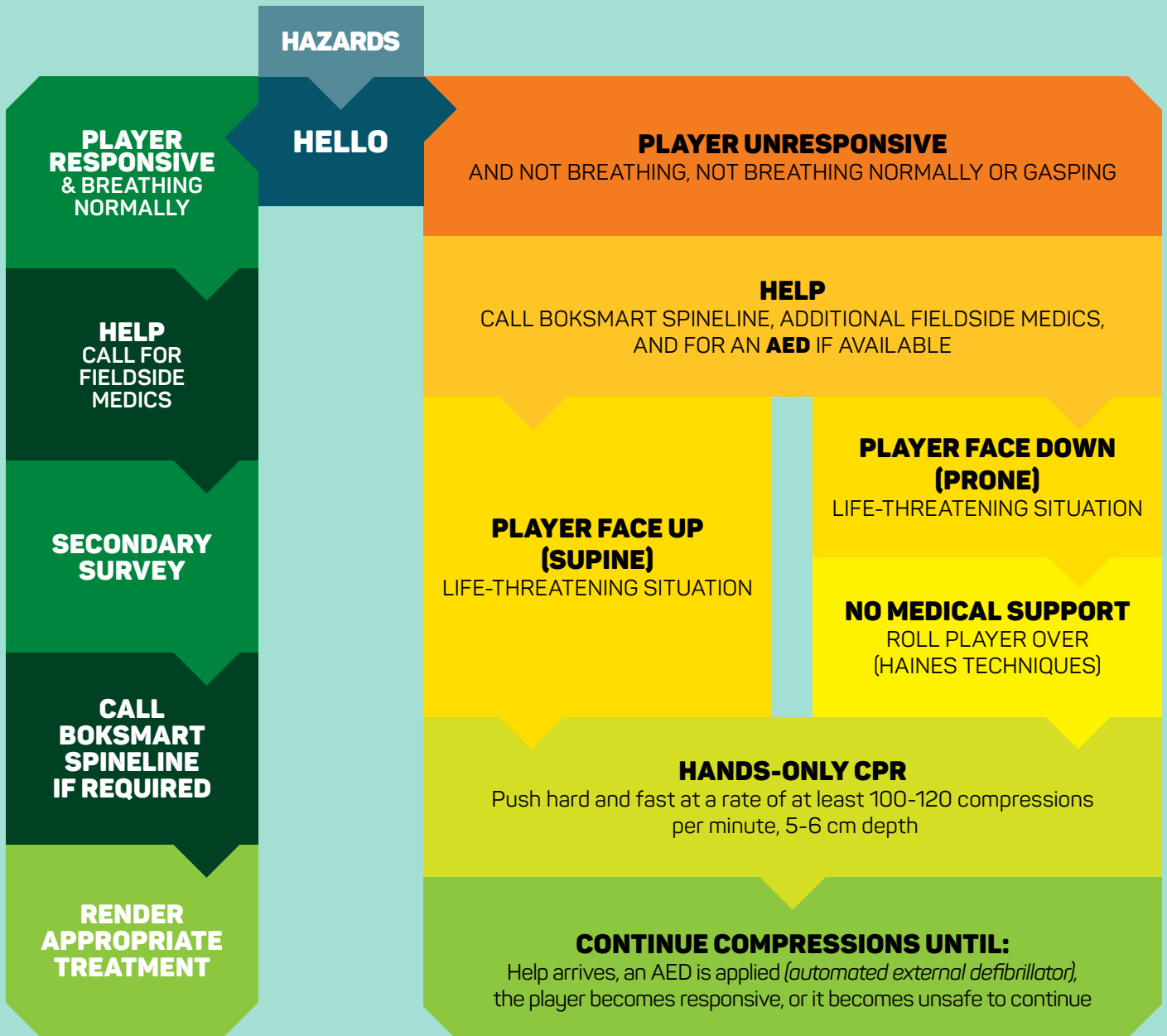
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TREATMENT FLOW DIAGRAM

FOR NON-MEDICAL, UNTRAINED, LAY RESCUERS

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