



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!