



NECK/SPINE INJURY PROTOCOL

Surrey United adheres to the advice of its sports therapy partner, Physiostation for neck/spine injury protocols as follows:

****These injuries require great care****

- Do NOT manipulate the neck of the injured athlete; they may attempt some small movement on their own if comfortable with it and assisted off the field.
- Any numbness or tingling of the arms or legs associated with neck pain after contact is considered a serious injury.
- Call for EMS (dial 911) for transportation and evaluation of the athlete.
- While waiting for the ambulance immobilize the head and cervical spine to protect the spinal cord.
- Return to sport following a neck injury depends on the severity of the injury and the structures involved.

This information does not constitute medical advice and is provided for reference only. Any reliance upon or use of this information from this website is at your own risk.

DO NOT
MANIPULATE NECK

NUMBNESS IS
SERIOUS

TINGLING IS
SERIOUS

CALL 911

IMMOBILIZE NECK

