

# Spine / Neck Injuries

When someone has a spinal cord injury, additional movement may cause further damage to the nerves in the cord and can sometimes mean the difference between life and death.

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If you think someone could possibly have a spinal injury, DO NOT move the injured person even a little bit, unless it is absolutely necessary.

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## Symptoms

- Head held in unusual position
- Numbness or tingling down an arm or leg
- Weakness
- Difficult walking
- Paralysis of arms or legs
- No bladder or bowel control
- Unconscious
- Stiff neck, headache or neck pain