

# Spine / Neck Injuries

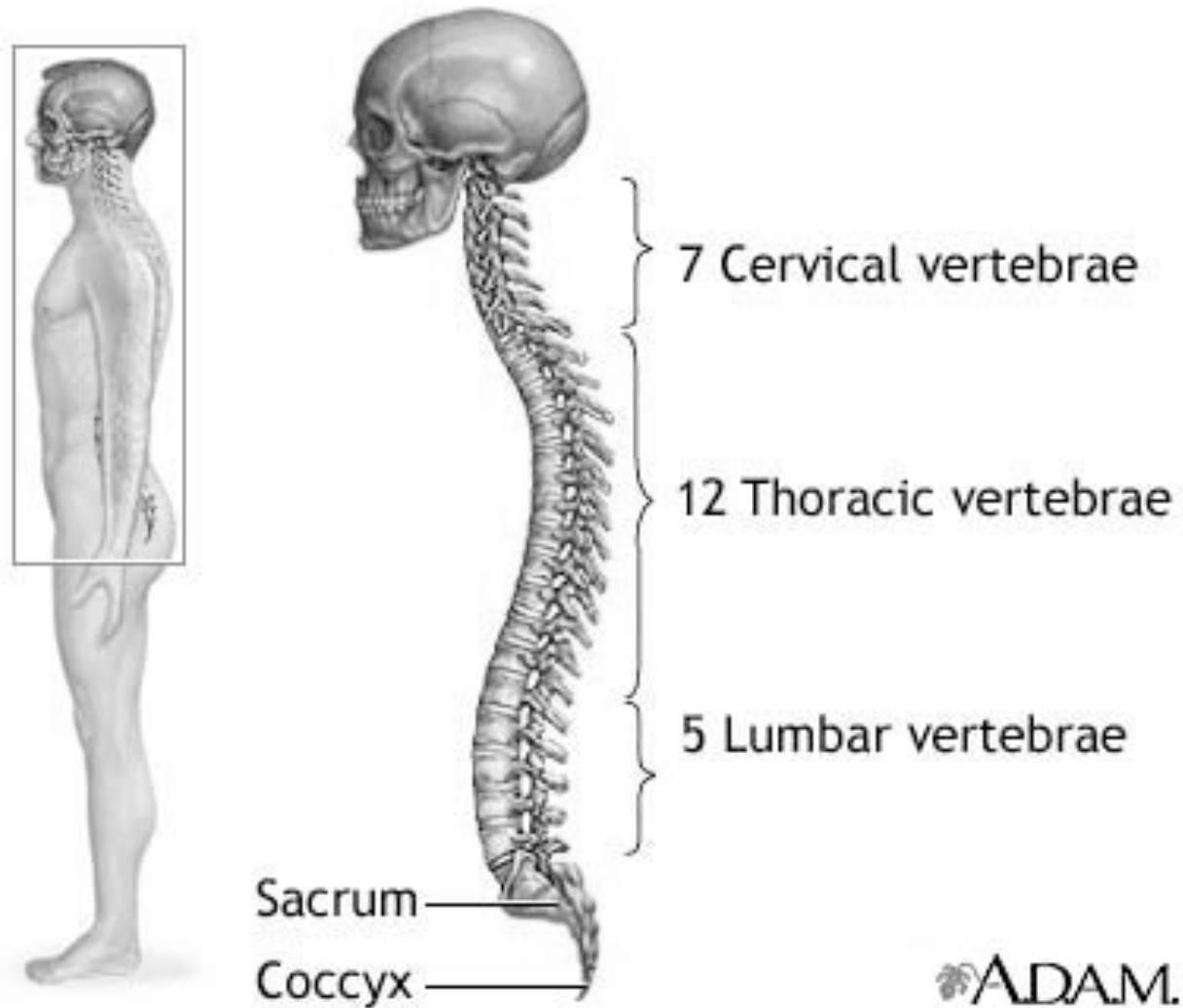


# **Spine / Neck Injuries**

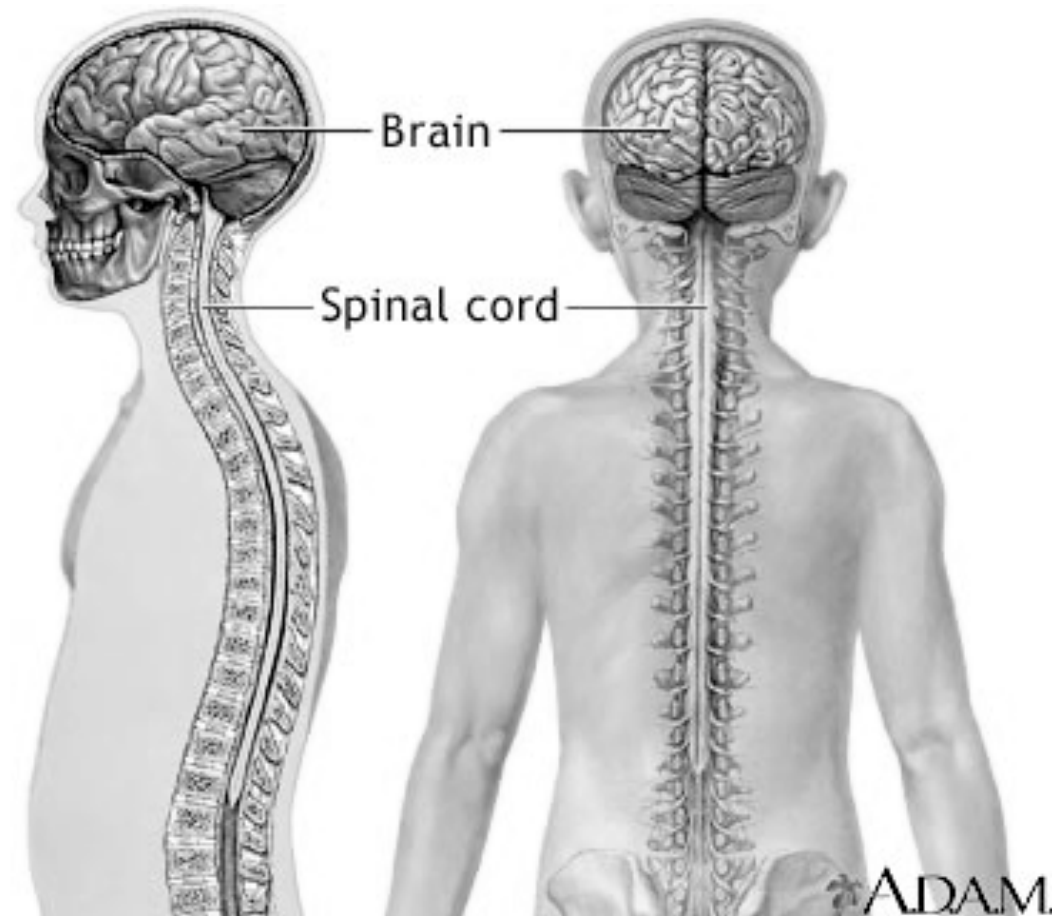
## **Definition**

**Your spinal cord contains the nerves that carry messages between your brain and body. The cord passes through your neck and back.**

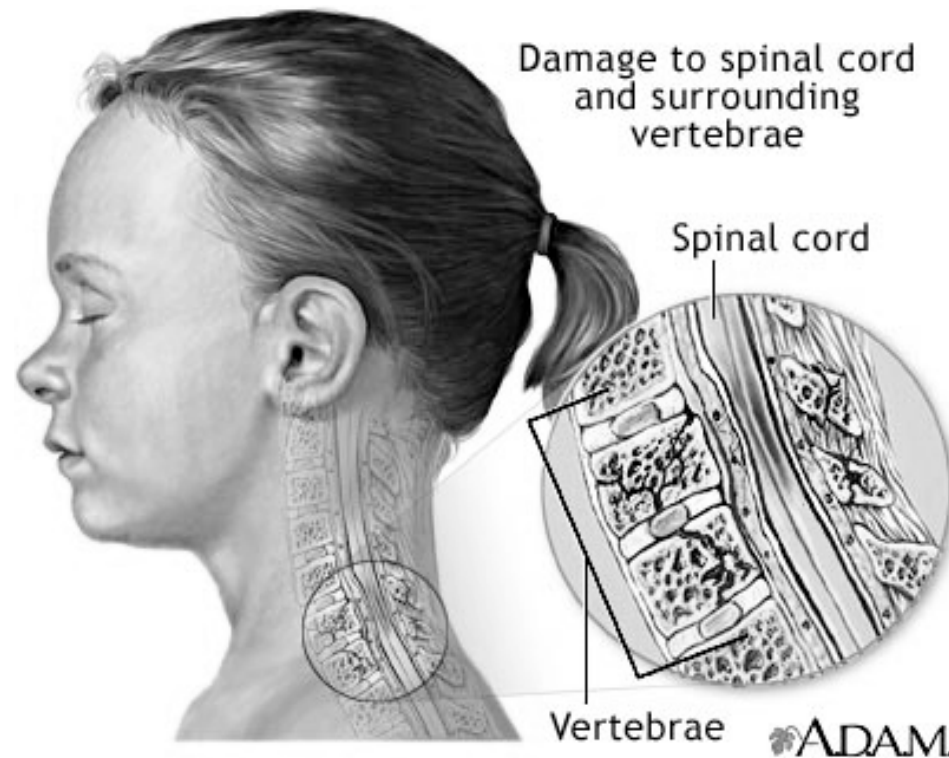
**A spinal cord injury is very serious because it can cause paralysis below the site of the injury.**



The spine is divided into several sections.



The central nervous system is made up of the brain and spinal cord. The brain functions to receive nerve impulses from the spinal cord and cranial nerves. The spinal cord contains the nerves that carry messages between the brain and the body.



A severe spinal cord injury can cause loss of feeling and paralysis, the loss of movement and voluntary control over the muscles in the body. It also causes loss of function below the point of injury interrupting bodily functions such as breathing, bowel control, and bladder control

# **Spine / Neck Injuries**

## **Consideration**

**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.**

# **Spine / Neck Injuries**

## **Consideration**

**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.**

# **Spine / Neck Injuries**

## **Causes**

- **Bullet or stab wound**
- **Direct trauma to the head, neck or back**
- **Diving accident**
- **Electric shock**
- **Extreme twisting of the trunk**
- **Sports injury**
- **Major blow to the head or chest**



# **Spine / Neck Injuries**

## **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**

# **Spine / Neck Injuries**

## **First Aid**

**The main goal is to keep the person immobile and safe until medical help arrives.**

**You or someone else should call 911. Hold the person's head and neck in the position in which they were found. DO NOT attempt to reposition the neck.**

# **Spine / Neck Injuries**

## **First Aid**

**If the person is unresponsive: check the person's breathing and circulation. If necessary begin breathing and CPR.**

# **Spine / Neck Injuries**

## **First Aid**

**Do not roll the person over unless the person is vomiting or choking on blood or you need to check for breathing.**

# Spine / Neck Injuries

## First Aid



### Step One



# Spine / Neck Injuries

## First Aid



### Step Two



# **Spine / Neck Injuries**

## **Do Not**

- **DO NOT bend, twist or lift head or body**
- **DO NOT attempt to move person before medical help arrives unless necessary**
- **DO NOT remove a helmet if a spinal injury is suspected**