

# LIFT



## NECK / SPINE INJURY



[INFO@LIFTTRAINING.CA](mailto:INFO@LIFTTRAINING.CA)

### WHAT TO DO

- **Assess sensation and movement in the fingers and or toes following a neck/spine injury.**
- **DO NOT move the injured player**
- **If spinal injury is suspected, call 911**

**If lack of sensation/movement is present in the hands or feet or if a spinal injury is suspected**

**CALL 911**

Phone: 604.314.4048 Email: [info@lifttraining.ca](mailto:info@lifttraining.ca)  
3082 Spring Street (Left Side Door) Port Moody, BC

[LiftTraining.ca/soccer](https://LiftTraining.ca/soccer)