

LIFT



NECK / SPINE INJURY



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