KINE 2320 Introduction to Athletic Training  
September 22, 2003

Pre-hospital Care of the Spine-Injured Athlete

SKILLS LAB

Objectives: Students will be able to demonstrate the ability:
1. to immobilize the head and neck of a football athlete wearing a helmet and shoulder pads
2. to assist in the log rolling of an athlete suspected of having a cervical spine injury
3. to assist in the lifting of an athlete suspected of having a cervical spine injury
4. to assist in the immobilization of a spine injured athlete using a spine board
5. to remove the face mask of an athlete who is suspected of having a cervical spine injury
6. to establish an airway for an athlete who is suspected of having a cervical spine injury
7. to provide rescue breathing for an athlete who is suspected of having a cervical spine injury

Supplies needed:
- Spine board
- Helmet hugger head immobilizer
- CPR mask
- Bag-valve mask
- Face mask removal tools (anvil pruner, FM Extractor, or Trainers’ Angel)
- Philadelphia collar
- Tape
- Towels

LAB ACTIVITIES:
For each of the tasks below, select one member of your group to be the captain (person who will be responsible for stabilizing the head and neck) and one person to be the injured athlete. Alternate so that everyone has an opportunity to be both the captain and the athlete.

TASK 1:
A football athlete is lying prone. He is breathing and has a pulse, but is complaining of pain in his neck. Demonstrate how you would log roll the athlete and immobilize him on a spine board. Also demonstrate how you would lift the athlete and walk him/her toward the sideline.

TASK 2:
Your soccer goalie is lying supine on the field. She collided head-on with one of her opponents. Your primary survey reveals that she is unconscious, breathing, and has a pulse. Using the lift method of placement on the spine board, demonstrate how you would immobilize her on the spine board.
APPLICATION QUESTIONS:

Based on your chapter readings and the *Pre-hospital Care of the Spine-injured Athlete* video, answer the following questions. Be specific in your answers.

1. Which of the following face mask removal techniques is recommended? Why?
   - ____a. clipping the side clips and swinging the face mask up and out of the way
   - ____b. clipping the side and front clips and completely removing the face mask

2. Under what circumstances would it be recommended to remove the helmet from a possible spine-injured athlete?

3. Why is it recommended to always remove the football helmet and face mask at the same simultaneously?

4. What difficulties did you experience in log-rolling the “athlete” in Task 1. What are some important points to remember? Is there anything you would do differently next time?
5. What difficulties did you experience in lifting the “athlete” for placement on the spine board in Task 2. What are some important points to remember? Is there anything you would do differently next time?

5. How did you feel serving in the captain’s role? Did you feel the spine boarding procedure went smoothly? What, if anything, would you do differently next time?