

## Clearing the C-Spine in Events & Sport (CCSPinES)

- Used in the situation where an athlete is 'on-feet' & able to walk after injury where cervical spine injury is a concern 2
- Criteria for using **CCSPinES** 1
  - The Athlete must be fully alert (**AVPU** on Field of Play &/or **GCS 15** in Medical Room)

1 Any High Risk factor\* or signs/symptoms that mandates Immobilisation?

- **Yes - Immobilise**
- No - Proceed

2 Any Low Risk factor\*\* which allows safe assessment of range of motion?

- **No - Immobilise**
- Yes - Proceed

3 Able to actively rotate neck 45\* Left & Right?

- **Yes - No Immobilisation required**
- You can rule out a significant spinal injury on this player
- No return to play - monitor and decide on further treatment

### \* Dangerous Mechanisms

- Fall from 2 x players height
- Axial Load collision
- Significant distracting injury
- Unconscious on FoP
- Thoracic injury with a pain score >7/10

### \*Concerning signs or symptoms with or without Dangerous mechanisms

- Paralysis
- Parasthesia
- Ataxia
- Seizures
- GCS < 15

### \*\*Low Risk Factors

- Ambulatory after injury
- Absence of midline c-spine tenderness
- No immediate onset of neck pain

1 Stiell IG et al Comparative Validation of the Canadian C-Spine Rule and the NEXUS Low-Risk Criteria in Alert and Stable Trauma Patients. New Engl J Med 2003; in press.