

# NECKSAFE

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## NECKSAFE PATRONS



NeckSafe is delighted to be able to call on the support of 5 local and one international Patron who are all dedicated to the cause.

Luminaries like Prof. John Yeo, noted preventative physician and media personality Dr. Ross Walker, Australia's best known paramedic, Paul Featherstone and join Inaugural Patron Janine Shepherd in welcoming Sir Nicholas Shehadie to the team.

In addition, Prof Stan Herring who sits on the NFL's head and neck committee is a welcome addition.

These wonderful and dedicated people join the NeckSafe team with one singular goal: to decrease the incidence of preventable spinal cord injury..

## NECKSAFE SMARTPHONE APPS

To complement NeckSafe training, three separate multi-platform smartphone NeckSafe Apps have been developed as a rapid and available *aide memoir* which can be utilised at the scene of the injury and regularly referenced to remain ready to act.

The 3 Apps are:

- Generic
- Footy
- Aquatic

Look for NeckSafe in the iPhone and Google Android stores.



NECKSAFE

BACKGROUND KNOWLEDGE BASE TRAINING BUY THE BOOK CONTACTS

Reduce spinal cord injury  
Anticipate and Protect

"I know NECKSAFE"



Spinal cord injury (SCI) refers to any injury to the spinal cord that is caused by trauma. Common causes are motor vehicle accidents, falls and sports injuries. Cervical spine (neck) injuries can result in full or partial quadriplegia.

NeckSafe is an approach for the Acute Management of (suspected) SCI, which uses a number of neck stabilisation devices and techniques, applicable to the situation.

The doctors who developed the NeckSafe training course and book, are immensely experienced in dealing with traumatic injury on the sports field and on extreme and remote locations around the globe.

## NECKSAFE WEBSITE

The NeckSafe website [www.necksafe.com](http://www.necksafe.com) is the portal for information in this important field.

The newly redesigned website provides the “front-end” for the organisation and valuable information for all those interested in the acute management of spinal injury.

## NECKSAFE eLMS

We are currently in the process of finalising our electronic online training program (eLMS) which will focus solely on the acute management of spinal injury and be readily available for students to cover the theoretical components at their own time and pace.

They can then be practically assessed by their appropriate local authority, which in the case of professional and semi-professional sports may be the club doctor, or a senior and experienced physio or trainer who can then sign off on the practical aspects of their NeckSafe training.

Alternatively, a NeckSafe Certified Trainer (NCT) can provide both hands-on practical training and/or assess competencies to complete the NeckSafe qualification for students.

The NeckSafe algorithm is derived from the two major studies in the assessment of spinal trauma, referred to as the NEXUS<sup>1</sup> Study and the Canadian C Spine Study<sup>2</sup>.

They provide a simple “road map” to the acute management of spinal injury.

Whilst these studies are primarily for use in hospitals for assessment of the need for X-Rays, CT and MRI scanning, they nonetheless reflect the seriousness of the potential injury based and how it occurred.



As a result of the specific training and the increased competence and confidence in individuals attending to an injured player, the phrase:

### **“I know NeckSafe”**

.....will become an important declaration at the scene of a potential spinal-cord injury. It will indicate that the responder has been specifically trained in the acute management of this condition.

In the absence of a more senior doctor or medical authority, the NeckSafe trainee can provide the best opportunity for minimising any ongoing potential harmful for the patient.

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<sup>1</sup> Hoffman JR, Wolfson AB, Todd K, Mower WR: "Selective cervical spine radiography in blunt trauma: methodology of the National Emergency X-Radiography Utilization Study (NEXUS)." *Annals of Emergency Medicine*. 32(4):461-9, 1998

<sup>2</sup> [www.mdcalc.com/canadian-c-spine-rule](http://www.mdcalc.com/canadian-c-spine-rule)

## NECKSAFE RECOMMENDS SPORTS CONCUSSION AUSTRALASIA



The NeckSafe programme in the Acute Management of Spinal Injury comprehensively endorses Sports Concussion Australasia (SCA).

The two initiatives work side by side by sideline to prevent injury and long-term disability for players in all sports.



Dr. Adrian Cohen from NeckSafe met the SCA founder Prof. Ryan Kohler in Canberra recently and the two agreed to work together to further the mutual aims of their organisations.

For on-field medical support staff, it is a simple, readily-available memory aid which places emphasis on early recognition of concussion symptoms and creates a record of the event.

The ability to find a suitably qualified and experienced local doctor to further assess the player is a fantastic addition to provide ongoing care.


FirstResponder is essential for all sports and all sport first responders.

And remember the fundamental NeckSafe principle:

**ALL HEAD INJURIES ARE SPINAL INJURIES UNTIL PROVEN OTHERWISE**



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