On-Field Assessment Checklist
For
Cervical and Upper Thoracic Spine Injury

1. As You Approach

☐ Check surroundings and environment
☐ Obtain history from bystanders if you did not witness
☐ Note position of head and neck
☐ Check ABCs

2. Secondary Survey (Evaluate in the Position Found)

☐ If athlete is unconscious, manage as serious spinal injury
☐ If conscious, assess the following:
  ☐ Presence of neck pain
  ☐ Sensations of numbness, tingling, burning
  ☐ Difficulty with breathing
  ☐ Difficulty in moving extremities
  ☐ If any of these findings are positive, assume serious spine injury
  ☐ If neck pain only:
    ☐ Palpate for tenderness and deformity
    ☐ Check for grip and dorsiflexion strength
    ☐ If signs are positive, assume serious neck injury
  ☐ If signs are negative:
    ☐ Assess active ROM of cervical spine
    ☐ Assess sensory changes with motion
    ☐ If signs are positive, assume serious neck injury
    ☐ If negative, move to sideline for further assessment
    ☐ Continue to monitor vitals
    ☐ Continue to check sensory and motor function in extremities