

The chart below can be utilized for practicing Spinal Motion Restriction and Advanced Spinal Assessment:

Step	Yes	No
Scene Safety & BSI		
Manual immobilization if indicated		
Determines high risk or questionable injury mechanism		
Determines if patient has unstable vital signs or abnormal and/or abnormal peripheral perfusion – if yes, must immobilize		
Determines reliable patient (Calm, cooperative, sober, alert and oriented to person, place, and time, etc.) If child, able to participate.		
Performs motor exam in all extremities assessing for numbness, tingling, motor strength, and sensation		
Palpates the entire spine for tenderness		
If patient meets above criteria, has patient flex, extend, and rotate their neck without pain		
Verbalize documentation		
Instructor asks the candidate what action would be taken if one of the above criteria resulted in an abnormal exam		
Student indicates appropriate actions		
Student demonstrates proper SMR technique		
Student demonstrates how to use backboard as extrication device		
Demonstrate SMR while removing patient from backboard onto stretcher		
Verbalize when it would be appropriate to transport patient on backboard		