

APPROVED: SIGNATURE ON FILE IN EMS OFFICE
Executive Director

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SIGNATURE ON FILE IN EMS OFFICE
Medical Director

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SELECTIVE SPINAL MOVEMENT RESTRICTION (SSMR)

- I. AUTHORITY: Health and Safety Code, Division 2.5, California Code of Regulations, Title 22, Division 9
- II. PURPOSE: To serve as a patient treatment standard for EMTs, AEMTs and Paramedics within their scope of practice.
- III. PROTOCOL: The term Selective Spinal Movement Restriction (SSMR) describes the process to care for patients with possible unstable spinal injuries. The purpose of SSMR is to: reduce gross movement of the patient, prevent duplication of the damaging mechanism to the spine and regular reassessment of motor/sensory function.

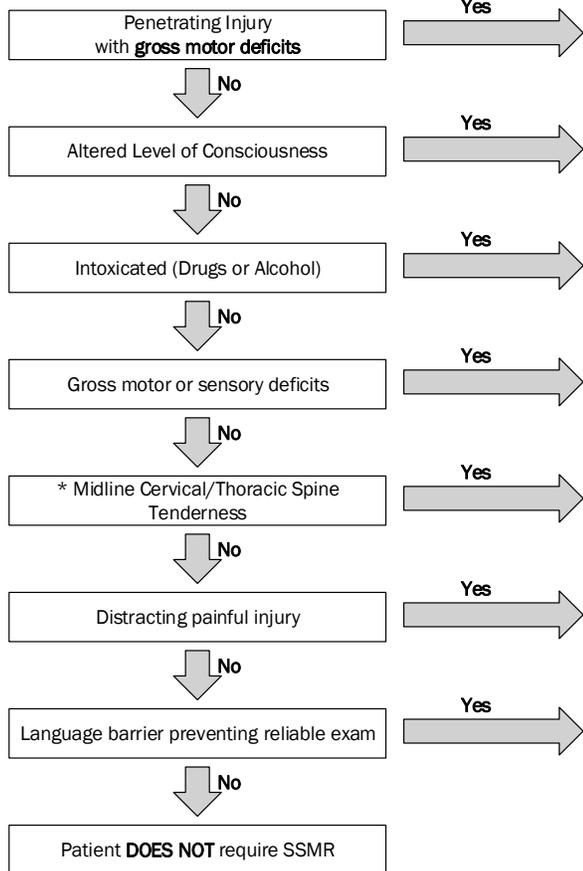
Selective Spinal Movement Restriction (SSMR) Algorithm

Criteria for Selective Spinal Movement Restriction (any one)

- Midline thoracic or cervical spinal tenderness on palpation
- Altered level of consciousness
- Suspected drug/alcohol intoxication
- Abnormal neurologic finding (paresthesias, weakness, paralysis)
- Distracting injury (ie: blunt thoracic trauma or long bone fracture)
- Inability to effectively communicate (language barrier)

PEARLS

- A rigid cervical collar **should not be placed or shall be removed** if the
 1. collar creates airway compromise
 2. appropriate sized collar is unavailable
 3. collar increases pain
 4. patient's anatomy precludes fitting a collar (ie: severe curvature of the spine)
 5. patient is combative and fighting application of the collar
- Patients already immobilized should remain immobilized.
- Patients with penetrating injuries do not require SSMR unless they meet specific criteria in the algorithm
- Long spine boards (LSB) **should be avoided** in ambulatory patients
- Elderly or kyphotic individuals requiring SSMR may require vacuum immobilization devices
- SSMR does not take precedence over airway or cardiovascular stabilization
- Leave helmets and shoulder pads in place unless they interfere with resuscitation



APPLY SELECTIVE SPINAL MOVEMENT RESTRICTION

Stanislaus County EMS Agency Policy # 554.80

*Ambulatory patients and those that can self-extricate, are cooperative, can follow instructions and who have only midline cervical or thoracic pain may be placed in a rigid collar and secured to the ambulance cot (no LSB necessary)