Clearing the C-spine: only in wilderness
► totally alert, not intoxicated
► no painful "distracting" injury
► no neck pain
► no neck tenderness
► no numbness, tingling, weakness
► normal motor/sensory exam of extremities
► painless full range of motion of neck

Shoulder Dislocations
► Check and document distal NVI incl. "patch area" and forearm.
► Can pt. bring affected hand to opposite shoulder?
  If so, unlikely is shoulder dislocation.
► Palpate for deformity: AC sprain? Humerus fx?
► pain medications, muscle relaxants, suggestion, or hypnosis; ask patient to relax muscles
► Milch technique: traction upwards
► Stimson method: face down on ledge/table, padding under shoulder at edge; attach weight to elbow or wrist and monitor for neurovascular impairment from weight; use other method if no results in 30 minutes.

Emergency water disinfection:
► if dirty, flocculate (alum or white campfire ash)
► 8 drops Betadine ™ /L for 30 minutes; use more or leave longer if dirty or very cold water
► 4 cc of Clorox ™ 5% bleach for 40 L (10 gallons) overnight; double if have to use in an hour
Neurological Exam: Mental Cases Sometimes Make Deepdish Casserole: MCSMDC

> Mental Status: AVPU- Alert, Verbal, Pain, Unresp.

> Cranial Nerves:

"How many fingers?" [CN II, optic: vision]
"Look up, look down, look right, look left." EOMI (ExtraOcular Motions Intact) [CNs III, IV, VI, oculomotor, trochlear, abducens: move eyes in all directions]
"Close your eyes and say "now" when you feel a touch." (forehead, cheek, chin) [CN V, trigeminal: bilateral face sensation]
"Smile; raise your eyebrows." [CN VII, facial: bilateral face strength]
"Which side do you hear the sound on?" [rub fingers next to ear, then other] [CN VIII, auditory: hearing]
"Hold your shoulders up." {press down on shoulders} (alternate: have patient turn head against resistance) [CN XI, accessory: elevates shoulders, turns head side to side]
"Stick out your tongue" (tongue in midline?) [CN XII, hypoglossal: protrudes tongue]

Not tested: CN I, olfactory: smell; CN IX, glossopharyngeal: sensation back of throat; CN X, vagus: parasympathetic to internal organs

> Sensory: light touch, pinprick

> Motor: strength

> Deep Tendon Reflexes: forearm (brachioradialis), elbow (biceps), knee jerk (patellar), ankle jerk; also response to stroking lateral sole ("Babinski"): normal= + > 1 yr. old.

> Cerebellar: "finger -> nose" "heel -> shin"

Gait ("Walk a straight line, heel to toe.")