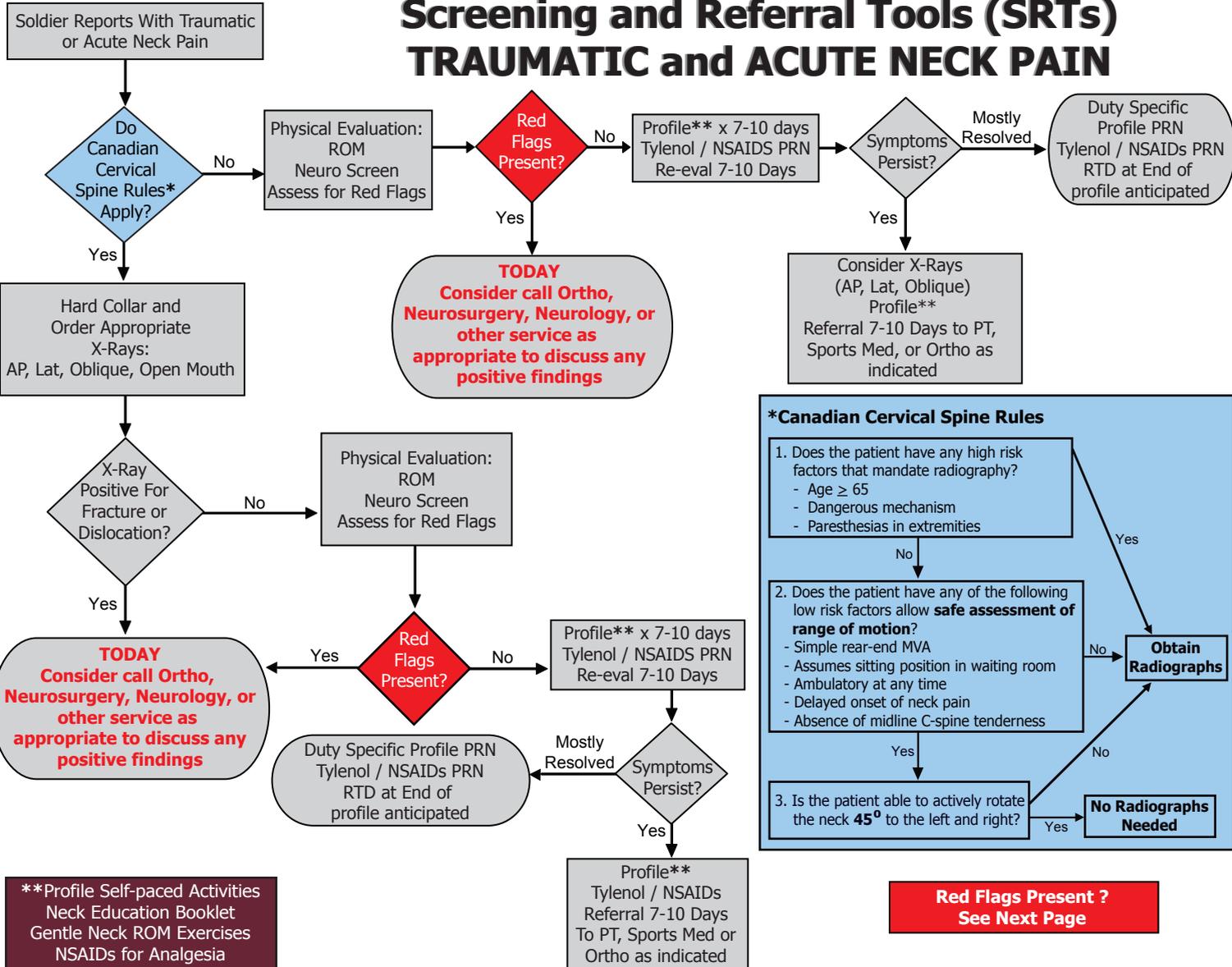


# Screening and Referral Tools (SRTs) TRAUMATIC and ACUTE NECK PAIN



**\*\*Profile Self-paced Activities**  
Neck Education Booklet  
Gentle Neck ROM Exercises  
NSAIDs for Analgesia

**\*Canadian Cervical Spine Rules**

- Does the patient have any high risk factors that mandate radiography?
  - Age  $\geq$  65
  - Dangerous mechanism
  - Paresthasias in extremities
- Does the patient have any of the following low risk factors allow **safe assessment of range of motion**?
  - Simple rear-end MVA
  - Assumes sitting position in waiting room
  - Ambulatory at any time
  - Delayed onset of neck pain
  - Absence of midline C-spine tenderness
- Is the patient able to actively rotate the neck **45°** to the left and right?

Obtain Radiographs (if High Risk factors present or Low Risk factors not met)

No Radiographs Needed (if Low Risk factors met and neck rotation is possible)

**Red Flags Present ?  
See Next Page**

# Screening and Referral Tools (SRTs) TRAUMATIC and ACUTE NECK PAIN **RED FLAGS**

**CALL ORTHO TO DISCUSS ANY POSITIVE RED FLAG FINDINGS:**

## **HISTORY**

- Cancer
- Unexplained weight loss
- Compromised immune system
- Prolonged use of steroids
- Intravenous drug use
- Urinary tract infection
- Pain increased or unrelieved by rest
- Unexplained fever
- History of recent fall or trauma to the head or neck (e.g., fall from a height or motor vehicle accident in a young patient; minor fall or heavy lifting in a potentially osteoporotic individual or older) - Screen for need to order radiographs using the Canadian Cervical Spine Rules
- Osteoporosis
- Bladder or bowel incontinence
- Urinary retention (with overflow incontinence)

## **PHYSICAL EXAMINATION**

- Evidence of spinal cord compression (e.g., major weakness in upper extremities, hand atrophy, loss of pain and temperature sensation in upper extremities; gait disturbance; Babinski's or Hoffman's sign, saddle anesthesia, loss of anal sphincter tone, etc.)
- Fever
- Vertebral tenderness
- Severely limited spinal range of motion
- Neurologic findings persisting beyond one month