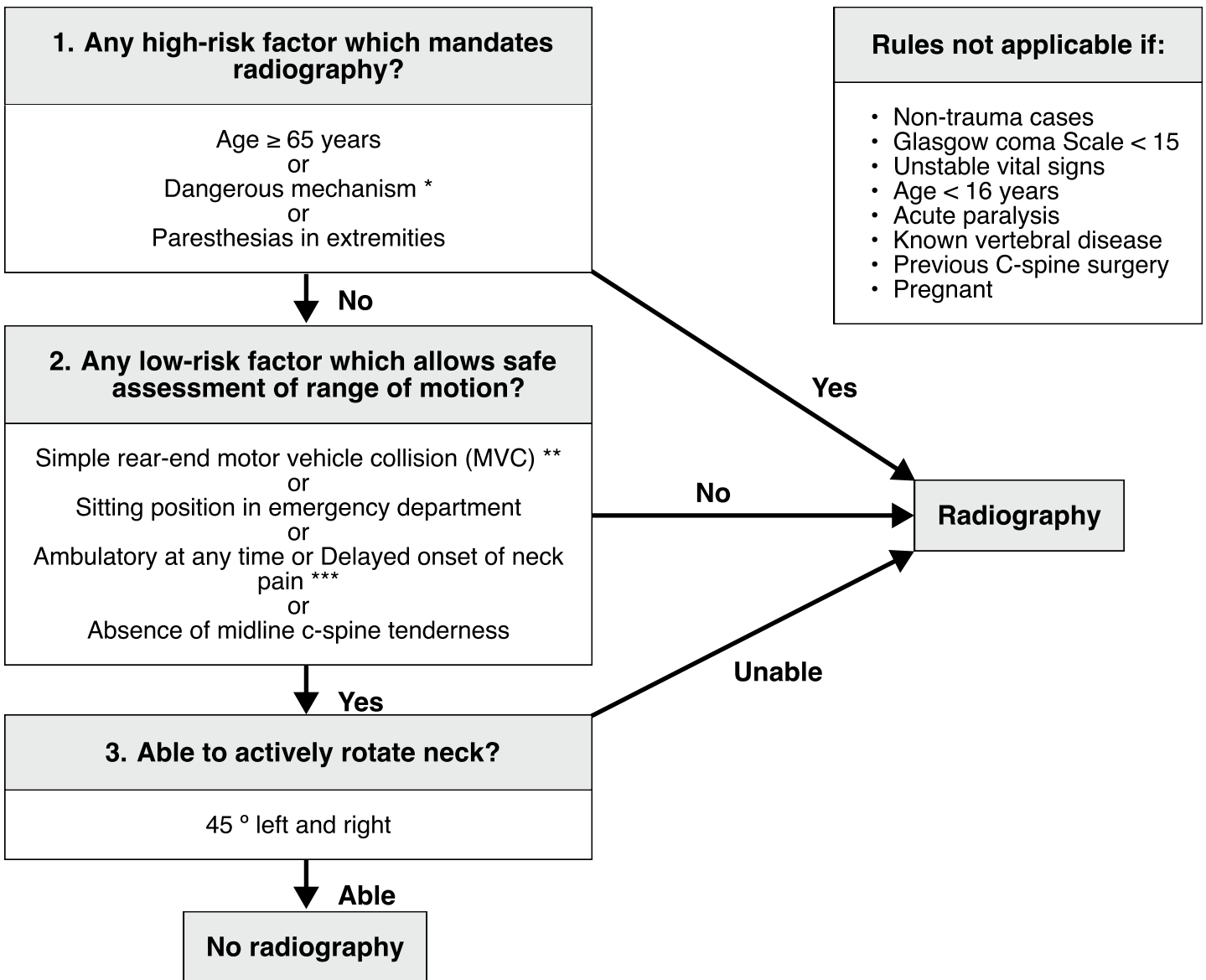


Canadian C Spine Rules



* Dangerous mechanism
<ul style="list-style-type: none"> • Fall from elevation \geq 3 feet or 5 stairs • Axial load to head, e.g. diving • MVC high speed ($>$ 100 km/hr), rollover, ejection • Motorized recreational vehicles • Bicycle struck or collision

** Simple rear-end MVC excludes
<ul style="list-style-type: none"> • Pushed into oncoming traffic • Rollover • Hit by bus or large truck • Hit by high speed vehicle

Developed by the BC Physical Therapy Cervical Spine Rule Advisory Group: Marj Belot, John Howick, Peter Francis, Sarah Hrab, Carol Kennedy, Melina Kurtakis, Dr. Linda Li, Bill Lyons, Guido Wisotzki, Antonio Zenone, Alison Hoens March 2014 A Physical Therapy Knowledge Broker project supported by: UBC Department of Physical Therapy, Physiotherapy Association of BC, Vancouver Coastal Research Institute, Providence Healthcare Research Institute and Arthritis Research Centre of Canada.

*** Delayed
<ul style="list-style-type: none"> • Not immediate onset of neck pain

The developer of the rule:
Ian G. Stiell, MD, MSc, FRCPC
Professor and Chair,
Department of Emergency Medicine, University of Ottawa
Distinguished Professor and University Health Research Chair, University of Ottawa
Senior Scientist, Ottawa Hospital Research Institute

Belot, M., Kennedy, C., Wisotzki, G., Lyons, B., Howick, J., Zenone, A., Kurtakis, M., Francis, P., Hrab, S., Nakamura, H., Li, L., & Hoens, A. (2014). *Canadian c-spine rule*. University of British Columbia. Faculty of Medicine, Department of Physical Therapy. <https://med-fom-clone-pt.sites.olt.ubc.ca/files/2014/01/C-spine-Rule-FAQs.pdf>

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