

CROFT GUIDELINES - Classifications of Cervical Acceleration/Deceleration (CAD) Trauma

Types of Collisions: (Occupant maybe driver or passenger. Criteria does not consider loss of consciousness, the use of seat belts, shoulder harnesses or other factors).

Type I** Primary rear impact (struck car moving or stationary)

Type II** Primary side impact

Type III** Primary frontal impact

Other: Multiple Impacts, Rollover, Spinout etc.

CAD Grades of Severity of Injury:**

Grade I: Minimal; No limitations of motion or ligamentous injury, No neurological findings

Grade II: Slight; Limitations of motion no ligamentous injury, no neurological findings

Grade III: Moderate; Limitations of motion; some ligamentous injury, neurological findings may be present.

Grade IV: Mod/severe; Limitations of motion; ligamenetous instability; neurological findings present. Fracture or disc derangement.

Grade V: Severe; requires surgical management/stabilization

Stages of Injury:**

Stage I: *acute; inflammatory phase; 0 - 72 hours*

Stage II: *sub-acute; repair phase; 72 hours - 14 weeks post MVCOI*

Stage III: *remodeling phase; 14 weeks - 12 months or more post MVCOI*

Stage IV: *chronic; permanent injury*

Protocol Frequency and Duration of Care in CAD Traumatology**

	5x/w	3x/w	2x/w	1x/w	1x/mos.	Td	TN
Grade I	1w	1-2w	2-3w	<4w	*	<11w	<21
Grade II	1w	<4w	<4w	<4w	<4mo.	<29w	<33
Grade III	1-2w	<10w	<10w	<10w	<6mos.	<56w	<76
Grade IV	2-3w	<16w	<12w	<20w	prn	prn	prn
Grade V	Surgical stabilization necessary--chiropractic care is post-surgical						

TD = treatment duration

* Possible follow-up at one month

TN = treatment total number

prn May require permanent monthly or prn (as needed) treatment

Factors potentially complicating CAD trauma management & medical treatment duration:

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|--|---|
| 1. Advanced age** | 11. Scoliosis** |
| 2. Metabolic disorders** | 12. Prior spinal surgery** |
| 3. Congenital anomalies of the spine** | 13. Osteoporosis** |
| 4. Developmental anomalies of the spine** | 14. Prior vertebral fracture** |
| 5. Degenerative disc disease** | 15. Paget's disease or other bone disease** |
| 6. Disc protrusion (HNP)** | 16. Spinal or foraminal stenosis** |
| 7. Spondylosis** | 17. Prior spinal injury** |
| 8. Facet arthrosis** | 18. Paraplegia or quadriplegia** |
| 9. Rheumatoid arthritis or other spinal arthritides** | 19. Fibromyalgia |
| 10. Ankylosing spondylitis or other spondylarthropathy** | 20. MVCOI known injury risk factors |

Sources: **SRISD = Spine & Research Institute of San Diego □ **Whiplash Injuries Foreman & Croft 1995, 2001 □ **Am Chiro Assoc. J

For more information: <http://personalinjurytraininginstitute.com/croft-guidelines>

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