

## **CROFT GUIDELINES –**

### **Classifications & Treatment Protocols 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; ligamentous instability; neurological findings present.

Fracture or disc derangement

**Grade V:** Severe; requires surgical management/stabilization post-surgical chiropractic follow-up may be appropriate.

#### **Stages of Injury:\*\***

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

**Stage II:** sub-acute; repair phase; 72 hours - 14 weeks post MVC/OI

**Stage III:** remodeling phase; 14 weeks - 12 months or more post MVC/OI

**Stage IV:** chronic; permanent injury

#### **Protocol Frequency and Duration of Care in CAD Traumatology\*\***

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



TD = treatment duration

\* Possible follow-up at one month

TN = treatment total number

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

There are factors that potentially complicating CAD trauma management & medical treatment duration. Please see PI ONLINE Trainings for details. See web site for courses on these guidelines.

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