



Canadian C-Spine Rule

1. INCLUSION CRITERIA (check as applicable)

- ALERT (GCS 15)
- STABLE (SBP \geq 90mmHg, respiratory rate 10-24/minute)
- ACUTE BLUNT INJURY (<48 hours)

Are all the inclusion criteria met?

- YES – CONTINUE to exclusion criteria
- NO – STOP; can't use the Canadian C-Spine Rule

2. EXCLUSION CRITERIA (check as applicable)

- Boarded and collared for reason other than c-spine injury
- Age <8 years
- Penetrating trauma from stabbing or gunshot wound
- Acute paralysis (paraplegia, quadriplegia)
- Known vertebral disease (ankylosing spondylitis, rheumatoid arthritis, spinal stenosis, previous c-spine surgery)
- Referred from another hospital

Does the patient have any exclusion criteria?

- YES – STOP; can't use the Canadian C-Spine Rule
- NO – CONTINUE

3. THE CANADIAN C-SPINE RULE

START HERE

1. Any ONE **high-risk** factor which mandates immobilization?

- No Yes Age \geq 65 years
- No Yes Dangerous Mechanism*
- No Yes Numbness or tingling in extremities

NO - CONTINUE

2. Any ONE **low-risk** factor which allows safe assessment of range of motion?

- No Yes Rearended in Simple Rearend MVC**
- No Yes Ambulatory at any time at scene
- No Yes No neck pain at scene when asked (answer "yes" if no pain)
- No Yes No pain during midline c-spine palpation (answer "yes" if no pain)

YES - CONTINUE

3. Patient voluntarily able to actively rotate neck 45° left and right when requested, regardless of pain?

- No Yes

YES

NO C-SPINE IMMOBILIZATION

YES – STOP

NO – STOP

C-SPINE IMMOBILIZATION

NO

*Dangerous Mechanism:

- fall from elevation \geq 3 feet/5 stairs
 - axial load to head, e.g. diving
 - MVC: rollover, ejection, high speed (\geq 100km/h)
 - motorized recreational vehicles, e.g. ATV, snowmobile
 - bicycle collision with object, e.g. post, car
- **Simple Rearend MVC Excludes:
- pushed into oncoming traffic
 - hit by bus/large truck
 - rollover
 - hit by high speed vehicle (\geq 100km/h)