Canadian C-Spine Rule

1. INCLUSION CRITERIA (check as applicable)
   - ALERT (GCS 15)
   - STABLE (SBP ≥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 ≥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 Rear-ended in Simple Rear end 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 – STOP
   - NO – STOP
   - C-SPINE IMMobilization

3. Patient voluntarily able to actively rotate neck 45° left and right when requested, regardless of pain?
   - No
   - Yes
   - NO C-SPINE IMMobilization

*Dangerous Mechanism:
- Fall from elevation ≥23 feet/5 stairs
- Axial load to head, e.g. diving
- MVC: rollover, ejection, high speed (≥100km/h)
- Motorized recreational vehicles, e.g. ATV, snowmobile
- Bicycle collision with object, e.g. post, car
**Simple Rear end MVC Excludes:
- Pushed into oncoming traffic
- Hit by bus/large truck
- Rollover
- Hit by high speed vehicle (≥100km/h)