

The Canadian C-Spine Rule

Please check off all choices within applicable boxes:

1. Any One High-Risk Factor Which Mandates Immobilization?

No Yes

- Age \geq 65 years
OR
 Dangerous mechanism *
OR
 Numbness or tingling in extremities

Yes

No

2. Any One Low-Risk Factor Which Allows Safe Assessment of Range of Motion?

No Yes

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

No

C-Spine
Immobilization

Yes

Unable

3. Patient Voluntarily Able to Actively Rotate Neck 45°
Left and Right When Requested, Regardless of Pain?

No Yes

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Able

No C-Spine
Immobilization ***

* Dangerous Mechanism

- fall from elevation \geq 3feet/5 stairs
- axial load to head, e.g. diving
- MVC high speed (\geq 100km/hr), rollover, ejection
- motorized recreational vehicles e.g. ATV
- 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 100 km/hr)