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"TRUST THE DOCTORS WHO TEACH OTHER DOCTORS HOW TO
ASSESS, DIAGNOSE AND TREAT WHIPLASH, CONCUSSION AND CHRONIC PAIN INJURIES."

Whiplash Risk Factor Examination Form with Scoring

Patient Name:

Date:

Clinician:

Claim #:

SECTION A — COLLISION & OCCUPANT FACTORS

1. Awareness of Impact

☐ Aware (0 pts) ☐ Not aware (3 pts) ☐ Unsure (1 pt)

Score: ____

2. Body & Head Position at Impact

Head:

☐ Neutral (0 pts)
☐ Turned (2 pts)
☐ Looking up/down (2 pts)

Body posture:

☐ Upright (0 pts)
☐ Leaning forward (2 pts)
☐ Slumped (3 pts)
☐ Rotated (3 pts)

Score: ____

3. Seating Position

☐ Driver (1 pt females / 0 pts males)
☐ Front passenger (0 pts)
☐ Rear seat (2 pts)

Score: ____

4. Direction of Impact

☐ Rear-end (3 pts)
☐ Side (2 pts)
☐ Frontal (1 pt)
☐ Multi-directional (3 pts)
☐ Rollover (3 pts)

Score: ____

5. Relative Vehicle Mass

- ☐ Larger striking vehicle (2 pts)
- ☐ Same / Smaller (0 pts)
- ☐ Unsure (1 pt)

Score: ____

6. Estimated Impact Speed

- ☐ <10 mph (2 pts)
- ☐ 10–30 mph (3 pts)
- ☐ 30+ mph (3 pts)
- ☐ Unknown (1 pt)

Score: ____

7. Head Restraint Position

- ☐ Above center of head (0 pts)
- ☐ Below center / unknown (2 pts)

Score: ____

8. Seat Belt Use

- ☐ Yes (1 pt for cervical risk)
- ☐ No (0 pts)

Score: ____

SECTION B — MEDICAL HISTORY FACTORS

9. Prior Neck/Head Injury History

- ☐ Prior whiplash (3 pts)
- ☐ Chronic neck pain or headaches (2 pts)
- ☐ Degenerative findings (2 pts)
- ☐ None (0 pts)

Score: ____

SECTION C — EARLY SYMPTOMS (FIRST 12 HOURS)

10. Initial Symptoms (Check All)

Each of the following = 1 point:

- ☐ Neck pain
- ☐ Back pain
- ☐ Headache
- ☐ Dizziness
- ☐ Visual symptoms
- ☐ Cognitive symptoms

- ☐ Sleep disturbance/fatigue
- ☐ Reduced ROM
- ☐ Upper back pain
- ☐ Arm pain
- ☐ Numbness/tingling
- ☐ Weakness
- ☐ Other: _____

Total symptoms checked: _____ pts

(Max recommended: 12 pts for this section)

Score: _____

11. Neurological Symptoms

- ☐ None (0 pts)
- ☐ Numbness/tingling (2 pts)
- ☐ Weakness (3 pts)
- ☐ Radiating arm pain (3 pts)
- ☐ Visual disturbance (2 pts)

Score: _____

SECTION D — STRUCTURAL & RADIOLOGIC FACTORS

12. Known Cervical Findings

- ☐ Loss/reversal of lordosis (2 pts)
- ☐ Foraminal stenosis (3 pts)
- ☐ Cervical arthritis/degeneration (2 pts)
- ☐ Disc bulge/herniation (2 pts)
- ☐ Prior surgery (3 pts)
- ☐ None (0 pts)

Score: _____

TOTAL RISK SCORE

(Add all section totals)

TOTAL = _____ / 50

RISK INTERPRETATION (Medico-Legal Standard)

Total Score	Risk Category	Meaning
0–10	Low Risk	Low probability of prolonged CKS; monitor.
11–24	Moderate Risk	Elevated CKS Risk; early treatment indicated.
25+	High Risk	Strong predictors of chronicity and spinal instability; consider imaging + multidisciplinary management.

Whiplash Past to Present
Excellence in Whiplash Medical
Education 2008-Present



First Ever Whiplash Accredited Educational
program by Medical and Chiropractic
Universities & Organizations

First Accredited Whiplash Program in Multiple
Countries: 29

First Whiplash Guidelines Taught in Medical
and Chiropractic Accredited CE Programs

Whiplash Evidence Based Guidelines with
research up to 2022

NO External Funding in Development of this
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- **Whiplash Education and Training for Healthcare Professionals:**
- Academic Accreditation and/or Endorsement partners for both Whiplash Programs shown below

• **Dr. Jason Mazzarella, DC**

- Whiplash Traumatology & Treatment: A Multidisciplinary Approach to Care.
 - 108 Medical, Chiropractic and AAFP Continuing Education Credit Hours
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