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**THE QUEBEC CLASSIFICATION OF WHIPLASH-ASSOCIATED DISORDERS\***

Grade	Clinical Presentation
0	No complaint about the neck No physical sign(s)
1	Neck complaint of pain, stiffness, or tenderness only No physical sign(s)
2	Neck complaint AND Musculoskeletal sign(s)†
3	Neck complaint AND Neurological sign(s)‡
4	Neck complaint AND Fracture or dislocation

\* For explanation refer to Section 3.

† Musculoskeletal signs include decreased range of motion and point tenderness.

‡ Neurologic signs include decreased or absent deep tendon reflexes, weakness, and sensory deficits.

Symptoms and disorders that can be manifest in all grades include deafness, dizziness, tinnitus, headache, memory loss, dysphagia, and temporomandibular joint pain.

Dotted lines indicate limits of terms of reference of Task Force.

1. Spitzer WO, Skvtn ML, Salmi LR et al., "Scientific monograph of the Quebec task force on whiplash-associated disorders: redefining "whiplash" and its management," Spine, vol. 20, pp. 2-235, 1995.

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Therapy	Research Used	Recommendations
<b>Immobilization</b>		
<b>Cervical Collars</b>	No research studies used	<b>No longer then 72 hours</b>
<b>Bed Rest</b>	No research studies used	<b>No more than 4 days</b>
<b>Cervical Pillows</b>	No research studies used	<b>Not required</b>
<b>Activation</b>		
<b>Spinal Manipulation</b>	2 studies	<b>Short term benefit</b>
<b>Mobilization</b>	Combined Studies	<b>Regimen can be used</b>
<b>Exercise</b>	Combined Studies	<b>ROM exercises only</b>
<b>Posture Advice</b>	Combined Studies	<b>Can be given</b>
<b>Spray and Stretch</b>	No research studies used	<b>Not recommended</b>
<b>Cervical Traction</b>	<b>Combined Studies</b>	<b>Can be combined with other Rx</b>

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Therapy	Research Used	Recommendations
<b>Passive Modalities</b>		
<b>TENS</b>	No research studies used	
<b>PEMT</b>	2 studies	<b>Not recommended</b>
<b>Electrical Stimulation</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Ultrasound</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Laser</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Short Wave Diathermy</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Heat</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Ice</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Massage</b>	No research studies used	<b>Optional activation adjunct</b>
<b>Ultrasound</b>	<b>No research studies used</b>	<b>Optional activation adjunct</b>

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Surgery			
Surgery		No research studies used	<b>Very restricted use</b>
Ultrasound		No research studies used	<b>Optional activation adjunct</b>
Injections			
Steroid Injection		One study used	<b>Not recommended except epidural</b>
Sterile Water Injection		One study used	<b>Optional activation adjunct</b>
Ultrasound		No research studies used	<b>Optional activation adjunct</b>
Pharmacology			
Narcotic Analgesics		No research studies used	<b>Not recommended</b>
Psychopharmacologic		No research studies used	<b>Not recommended</b>
Analgesics / NSAIDS		Combined Studies	<b>Up to 3 weeks for pain</b>
Ultrasound		No research studies used	<b>Optional activation adjunct</b>
Miscellaneous			
Neck School		One study used	<b>Recommended</b>
Work Alternatives		One study used	<b>Recommended</b>
Relaxation Technique		One study used	<b>Recommended</b>
Acupuncture		One study used	<b>Not recommended</b>
Magnetic Necklace		<b>One study used</b>	<b>Recommended</b>