## The Canadian C-Spine Rule For alert (GCS=15) and stable trauma patients where cervical spine injury is a concern

- 1. Any High-Risk Factor Which **Mandates Immobilization?** 
  - Age ≥ 65 Years

**Dangerous Mechanism \*** 

Numbness or tingling in extremities



- 2. Any Low-Risk Factor Which Allows **Safe Assessment of Range of Motion?** 
  - Simple Rearend MVC \*\*

Sitting position in ED

**Ambulatory at any time** 

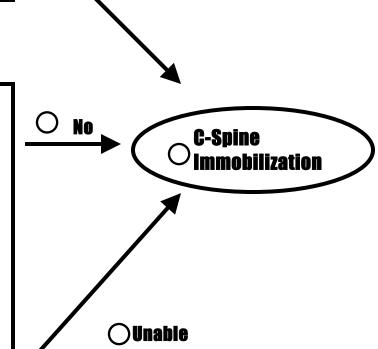
**Delayed onset of neck pain \*\*\*** 

**Absence of midline c-spine tenderness** 



3. Patient Voluntarily Able to Actively **Rotate Neck 45° Left and Right Regardless of Pain** 





- **Dangerous Mechanism**
- fall from elevation ≥ 3 feet / 5 stairs
- axial load to head, e.g. diving
- MVC high speed (>100 km/hr), rollover. eiection
- motorized recreational vehicles
- bicycle struck or collision
- **Simple Rearend MVC Excludes**
- pushed into oncoming traffic
- hit by bus / large truck
- rollover
- hit by high speed vehicle
- **Delaved:**
- i.e. not immediate onset of neck pain