

The Canadian C-Spine Rule

Please check off all choices within applicable boxes:

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

No Yes

Age ≥ 65 years

OB

Dangerous mechanism*

OP

Numbness or tingling in extremities

No

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

No Yes

Simple rear-end MVC**

OB

Anxieties at any time at scene

OP

No neck pain at scene when asked

OB

No pain during the most painful position (answer "yes" if no pain)

No

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

Yes No

Able

No C-Spine Immobilization***

C-Spine Immobilization

*** Dangerous Mechanism:**

- Fall from elevation ≥10m/33 ft
- Motor vehicle crash, e.g., driving
- MVC high speed (≥100km/h), rollover, ejection
- Mechanical restraint failures e.g., ATV
- Steeply collision with object e.g. pole, car

**** Simple Rear-end MVC Excludes:**

- Spinal cord-injury traffic
- Hit by motorcycle truck
- Collision
- Hit by high speed vehicle (≥100 km/h)