

WHIPLASH

Whiplash Grading Systems

Québec Task Force

The Québec Task Force (QTF) was a task force sponsored by the , Societe de l'assurance automobile du Quebec, the public auto insurer in Quebec, Canada. The QTF submitted a report on whiplash-associated disorders in 1995, which made specific recommendations on prevention, diagnosis and treatment of WAD. These recommendations have become the base for Guideline on the Management of Claims Involving Whiplash-Associated, a guide to classifying WAD and guidelines on managing the disorder. The full report titled Redefining "Whiplash" was published in the April 15, 1995 issue of Spine. An update was published in January of 2001.

Spine Research Institute of San Diego—Croft Guidelines

The QTF grading system is remarkably similar to the one developed by Dr. AC Croft in 1992 and subsequently published in 1993. However, the QTF Guidelines, published some 2 years later, fail to cite Dr. Croft's work. Croft AC: Treatment paradigm for cervical acceleration/deceleration injuries (whiplash). ACA J Chiro 30(1):41-45, 1993.

Quebec Task Force: Grades of Disorders

Four Grades of Whiplash Associated Disorders were defined by the Quebec Task Force on Whiplash Associated Disorders (WADs)

Grade 1: Complaints of neck pain, stiffness or tenderness only but no physical signs are noted by the examining physician.

Grade 2: Neck complaints and the examining physician finds decreased range of motion and point tenderness in the neck.

Grade 3: Decreased range of motion plus neurological signs such as decreased deep tendon reflexes, weakness, insomnia and sensory deficits

Grade 4: Neck Complaints and Fracture of Dislocation, or Injury to the Spinal Cord

Croft Grades of Disorders

Grade 1: Minimal; No limitations of motion; No Ligamentous Injury; No neurological findings

Grade 2: Slight; Limitation of Motion; No Ligamentous Injury; No Neurological Findings

Grade 3: Moderate; Limitations of Motion; Some Ligamentous Injury; Neurological findings may be present.

Grade 4: Moderate to Severe; Limitation of Motion; Ligamentous Injury; Neurological Findings Present; Fracture or Disc Derangement

Grade 5: Severe; Requires surgical management and/or stabilization

WHIPLASH

Stages of Injury - Croft

Stage 1: Acute, Inflammatory Phase; Up to 72 Hours

Stage 2: Subacute, Repair Phase; 72 hours to 12 months+

Stage 3: Remodeling Phase; 14 weeks to 12 months +

Stage 4: Chronic, Permanent