

TREATMENT GUIDELINES

In order to determine a guideline for number and duration of treatment of Ms. Test Patient for the injuries she suffered as a result of the automobile accident of 1/17/2009, the Croft Guidelines for the Treatment of CAD Injuries was utilized.

In 1993, Arthur Croft, D.C., M.S., M.P.H., F.A.C.O., F.A.C.F.E., published a set of management guidelines in the ACA Journal. These guidelines have also been published in Whiplash Injuries: the Cervical Acceleration/Deceleration Syndrome (second edition in 1995 and third edition in 2002) and in a recent Canadian practitioner's guide to whiplash injuries, sanctioned by the Canadian Chiropractic Association.

The Croft Guidelines have been a part of our literature now for more than ten years. No competing guidelines relative to CAD treatment have been published during that time, with the exception of the Quebec Task Force Guidelines on WAD, but these are only applicable for patients who remain on disability. The International Chiropractors Association, several American state chiropractic organizations and associations and at least one Canadian province have now adopted the Croft Guidelines.

The following is a summary of the Croft Guidelines for the Treatment of CAD Injuries.

Grades of Severity of Injury

Grade 1 - Minimal; No limitation of motion; No ligamentous injury; No neurological findings

Grade 2 - Slight; Limitation of motion; No ligamentous injury; No neurological findings

Grade 3 - Moderate; Limitation of motion; Some ligamentous injury; Neurological findings may be present

Grade 4 - Moderate to Severe; Limitation of Motion; Ligamentous instability; Neurological findings present; Fracture or disc derangement

Grade 5 - Severe; Requires surgical management/stabilization

Guidelines for Frequency and Duration of Care in Cervical Acceleration/Deceleration Trauma

	Daily	3x/wk	2x/wk	1x/wk	1x/mo	TD	TN
Grade I	1 wk	1-2 wk	2-3 wk	<4 wk	*	<11 wk	<21
Grade II	1 wk	<4 wk	<4 wk	<4 wk	<4 mo	<29 wk	<33
Grade III	1-2 wk	<10 wk	<10 wk	<10 wk	<6 mo	<56 wk	<76
Grade IV	2-3 wk	<16 wk	<12 wk	<20 wk	**	**	**
Grade V	Surgical stabilization necessary - chiropractic care is post-surgical						