Algorithm for Neck Pain and Associated Disorders (grades I-III)

```
┌─────────────────────┐
│ Person with Neck Pain│
└──────────┬──────────┘
           ↓
┌─────────────────────┐
│ Conduct an appropriate│
│  clinical evaluation │
└──────────┬──────────┘
           ↓
      ◇ Risk factors for serious ◇ ──Yes──→ ┌──────────────┐
      ◇ pathology or NAD IV      ◇          │    Refer     │
                                             │ to physician │
           │                                 └──────────────┘
          No
           ↓
      ◇ NAD I-III ◇ ──→ ◇ Poor        ◇ ──Yes──→ ┌─────────────────────┐
                        ◇ prognostic  ◇          │ Address modifiable  │
                        ◇ factors     ◇          │ prognostic factors  │
                             │                   └──────────┬──────────┘
                            No                              │
                             ↓                              │
      ┌────────────────────────────────────────────────────┘
      │ Offer information on nature, management, course of NAD
      │ as a framework for an initiation of a program of care
      └──────────┬──────────────────────────────────────────┘
                 ↓
            ◇ Is treatment ◇ ──No──→ ┌──────────┐
            ◇ required?    ◇         │ Discharge│
                 │                   └──────────┘
                Yes
                 ↓
            ┌ NAD I-II ┐
       ──Yes──       ──No──
           ↓                    ↓
      ◇ NAD I-II ◇          ◇ NAD III ◇
```

Recent onset ≤ 3 months | **Persistent > 3 months** | **Recent onset ≤ 3 months** | **Persistent > 3 months**

Based on patient preference and practitioner experience we suggest offering advice with:

Recent onset ≤ 3 months (NAD I-II):
- Multimodal care;
- Manipulation or mobilization;
- Range Of Motion home exercises or multimodal care.

Persistent > 3 months (NAD I-II):
- Multimodal care or advice alone;
- Multimodal care or stress self-management;
- Manipulation in conjuction with soft tissue therapy;
- High dose massage;
- Supervised group exercise; supervised yoga, supervised strengthening exercises, home exercises;
- Supervised exercise or advice alone;
- Mixed supervised and unsupervised high-intensity strength training or advice alone for workers with persistent neck and shoulder pain.

Recent onset ≤ 3 months (NAD III):
- Supervised graded strengthening exercises.

Persistent > 3 months (NAD III):
- Multimodal care or advice alone;
- Mixed supervised and unsupervised high-intensity strength training or advice alone for workers with persistent neck and shoulder pain.

2

Canadian Chiropractic
Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE