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

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

2. Based on patient preference and practitioner experience we suggest offering advice with:
   - NAD I-II
     - Recent onset ≤ 3 months
     - Persistent > 3 months
   - NAD III
     - Recent onset ≤ 3 months
     - Persistent > 3 months

- Multimodal care;
- Manipulation or mobilization;
- Range Of Motion home exercises or multimodal care.
- Multimodal care or advice alone;
- Multimodal care or stress self-management;
- Manipulation in conjunction 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.
- Supervised graded strengthening exercises.
- Multimodal care or advice alone;
- Mixed supervised and unsupervised high-intensity strength training or advice alone for workers with persistent neck and shoulder pain.