

# The Sibley Report

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*the place to find valuable information to help make your job – and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, nearly 300 healthcare professionals and state-of-the-art technology.*

## **How Classifying Whiplash Associated Disorders can help!**

Whiplash is a complex injury, often involving many signs and symptoms, complicating the exact diagnosis. Often it is used to describe cervical spinal pain of unknown origin that is a result of rapid acceleration-deceleration injuries. The 1995 Quebec Task Force report recommended that all reports of Whiplash Associated Disorders (WAD) should conform to a standardized classification scheme (please see attachment).

### **What does this mean to you?**

The classification of whiplash disorders helps classify the “seriousness” of an injury. This enables health care practitioners to develop treatment recommendations based on the severity of the whiplash disorder. As an Adjuster, you can better determine whether treatments are necessary and reasonable.

Here are some examples of recommendations taken from the Quebec Task Force (this list is far from exhaustive):

- Return to work in less than a week for WAD II's. Some work modifications may be necessary.
- Non-steroidal anti-inflammatories and short-term manipulation and mobilization by trained professionals may be helpful for WAD II's and WAD III's.
- WAD IV's require immediate surgical consultation.

Although there are discrepancies between experts regarding specific recommendations for WAD's, most agree that the promotion of activity, exercise and mobility are key components to the treatment and management of these disorders. Ideally, for maximum benefit, these activities need to be structured and supervised by a trained health professional like a Certified Kinesiologist or Registered Physiotherapist.

For information about physiotherapy please see the December 2002 issue of The Canadian Independent Adjuster magazine for our article “**Speeding Up Recovery: How Physiotherapists Fit into Rehabilitation and the Increasing Trend towards Home-based care**”.

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