

# The Sibley Report

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...valuable information to make your job and life easier! To suggest topics, please call Angela Veri, National Director of Customer Relations. Sibley & Associates is a national disability management firm with close to fifteen years experience, nearly 300 staff/consultants and advanced technology.

## Classifying Neck Pain to Enhance Recovery

*The Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders* spent the past seven years undertaking a comprehensive and structured review of the current research on neck pain.

The Task Force consisted of a group of international researchers and scientist-clinicians from nine countries, representing 14 disciplines ranging from neurology and rheumatology to epidemiology, chiropractic and physical therapy.

During their review, the Task Force considered almost 32,000 research citations and performed critical appraisals of more than 1,000 research studies.

The Task Force's *Summary of Key Findings, January 2008* report synthesizes the best available evidence on the onset, course and prognosis, assessment and management of neck pain, and includes the results of several original research studies.

For insurers, the report provides important recommendations regarding how to most effectively classify neck pain:

- **Grade 1:** neck pain with little or no interference with daily activities.
- **Grade 2:** neck pain that limits daily activities.
- **Grade 3:** neck pain accompanied by radiculopathy ("pinched nerve" - pain weakness and/or numbness in the arm).
- **Grade 4:** neck pain with serious pathology, such as tumor, fracture, infection, systemic disease; it was beyond the mandate of the task force to study Grade 4 neck pain.

For more information about the Task Force findings, please see the attached chart.

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