



CCGI Summary of Recommendations for Neck Pain and Associated Disorders and Whiplash Associated Disorders*

Neck Pain Associated Disorders (NAD)	Recommendations
Recent onset	
Patients with recent grades I-II NAD	For patients with recent-onset (0-3 months) neck pain and associated disorders Grade I-II, we suggest manipulation or mobilization based on patient preference.
Patients with recent grade I-II NAD	For patients with recent onset (0-3 months) neck pain Grade I-II, we suggest ROM home exercises or multimodal care for reduction in pain and disability.
Patients with recent grade III NAD	For patients with recent (0-3 months) Grade III neck and arm pain, we suggest supervised graded strengthening exercises* rather than advice alone.
Persistent	
Patients with persistent grade I-II NAD	For patients with persistent (over 6 months) neck pain Grade I-II, we suggest supervised group exercise* to reduce neck pain and disability.
Patients with persistent grade I-II NAD	For patients with persistent (over 3 months) Grade I-II neck pain and disability, we suggest supervised yoga over education and home exercises for short-term improvement in neck pain and disability.
Patients with persistent grade I-II NAD	For patients with persistent (over 3 months) Grade I-II neck pain, we suggest supervised strengthening exercises or home exercises.
Patients with persistent grades I-II NAD	For patients with persistent (over 3 months) neck pain and associated disorders Grade I-II, we suggest multimodal care* or stress self-management** based on patient preference, prior response to care and resources available.
Patients with persistent grades I-III NAD	For patients presenting with persistent neck pain Grades I-III, we suggest clinicians offer *multimodal care and/or **practitioner advice based on patient preference.
Patients with persistent grades I-II NAD	For patients with persistent neck pain and associated disorders Grades I/II, we suggest manipulation in conjunction with soft tissue therapy.
Patients with persistent grades I-II NAD	For patients with persistent (over 3 months) neck pain and associated disorders Grade I-II, we suggest high-dose massage over wait listing based on patient preferences and resources available.
Workers with persistent neck and shoulder pain	For workers with persistent neck and shoulder pain, we suggest mixed supervised and unsupervised high-intensity strength training or advice alone.
Whiplash Associated Disorders (WAD)	Recommendations
Recent onset	
Patients with recent grades I-III WAD	For patients with recent (0-3 months) WAD Grade I-III, we suggest multimodal care over education alone.
Persistent	
Patients with persistent grade I-II WAD	For patients with persistent (over 3 months) Grade I-II WAD, we suggest supervised exercises with advice or advice alone based on patient preference and resources available.

* The quality of the evidence of included randomized controlled trials ranged between low and moderate. Overall, the strength of the evidence of the recommendations is weak. Recommendations proposed in this guideline are derived from the best available evidence for the treatment of Neck Pain Associated and Whiplash Associated Disorders. Clinicians should always aim to incorporate the best evidence available to inform clinical decision making.