

Appendix A: Classification of spine and neck concerns

Classification System for Spine-related Concerns ³⁰	
Class 0	No or minimal spine-related symptoms, no interference with function, no neurological deficits, no severe pathology Class 0a: No evident risk factors Class 0b: One or more risk factors
Class I	Mild pain, no or minimal interference with function, no neurological deficits, no severe pathology Class Ia: Acute or subacute Class Ib: Chronic or recurrent
Class II	Moderate or severe pain, interference with function or activities of daily living, no neurological deficits, no severe pathology Class IIa: Moderate acute or subacute pain Class IIb: Moderate chronic or recurrent pain Class IIc: Severe acute or subacute pain Class IId: Severe chronic or recurrent pain
Class III	Spine-related symptoms with neurological symptoms or deficits, interference with function or activities of daily living, focal pathology compromising neural structures Class IIIa: Minor and nonprogressive Class IIIb: Acute, major, and progressive Class IIIc: Chronic and stable

Classification of Neck Pain-Associated Disorders (NAD) and Whiplash-Associated Disorders (WAD) ³¹	
Class I	No signs or symptoms suggestive of major structural pathology and no or minor interference with activities of daily living
Class II	No signs or symptoms of major structural pathology, but major interference with activities of daily living
Class III	No signs or symptoms of major structural pathology, but presence of neurologic signs such as decreased deep tendon reflexes, weakness or sensory deficits
Class IV	Signs or symptoms of major structural pathology