

# A clinical pathway of care to improve recovery after whiplash

ACTRN12615001367538

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Status	RECRUITING
Sponsor	Griffith University
Enrollment	236 participants

## Plain Language Summary

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This study is testing a new way of managing care for people with whiplash injuries from car accidents. Instead of giving everyone the same treatment, this approach uses a questionnaire to assess each person's recovery risk and then matches the level of care to that risk — from a few sessions with a regular health provider to specialist assessment and treatment. Researchers will track outcomes at 3, 6, and 12 months to see which approach works best.

You may be eligible if:

- You are between 18 and 65 years old
- You sustained a whiplash injury within the past 6 weeks
- Your whiplash is classified as Grade I–III (no bone fracture or dislocation)
- You can read and speak English

You may NOT be eligible if:

- You have a known or suspected serious spinal condition (such as cancer in the spine)
- You had a confirmed fracture or dislocation at the time of your injury (Grade IV)
- You cannot communicate in English

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (8)

- Participants consist of people with whiplash and their clinicians (both primary health care providers and specialist providers).
- People with whiplash are eligible for inclusion if they:
  - have sustained a grade I-III whiplash associated disorder (WAD);
  - are within 6 weeks of injury;
  - aged 18-65 years; and
- ... and 3 more (see full listing online)

### Exclusion (3)

- known or suspected serious spinal pathology (e.g. metastatic disease of the spine);
- confirmed fracture or dislocation at time of injury (WAD IV); and
- lack of fluency in spoken and written English insufficient for informed consent and questionnaire completion.

## Locations (7 total)

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Royal Prince Alfred Hospital - Camperdown, NSW,QLD, Australia  
Canterbury Hospital - Campsie, NSW,QLD, Australia  
Concord Repatriation Hospital - Concord, NSW,QLD, Australia  
... and 4 more locations

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12615001367538>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](http://anzctr.org.au). Generated by [ClinicalTrialsFinder.org](http://ClinicalTrialsFinder.org).