

## Appendix G – PAF Barriers to Recovery

### ***WAD II – Yellow Flags***

For the purposes of this document, yellow flags are factors which suggest that recovery may be delayed. Typically the PAF is still appropriate for patients with yellow flags. They are to be taken into account when determining prognosis and treatment, and must be addressed whenever possible if recovery is delayed. The presence of yellow flags may call for adjusting the modalities or intensity of treatment within the limits of the PAF to address these factors.

#### Symptoms

- Severity of specific symptoms, initial assessment
- Emergence of radicular irritation
- History of pre-traumatic headaches
- Previous history of head injury
- Initial injury reactions (sleep disturbance, nervousness)
- More initial subjective complaints and concern regarding long-term prognosis
- Pre-existing osteoarthritis
- Head rotated or inclined at time of impact and occupancy in truck/bus; being in head-on or perpendicular collision
- High neck-disability score (would only include if using the NDI as an outcome)
- Systemic or chronic disease present
  - Persistent TMJ pain
  - Persistent memory loss

#### Radiological findings

- Pre-existing osteoarthritis

#### Socio-demographic Factors

- Older age
- Under age 15
- Female gender
- Not in employment/full employment prior to the MVA
- Not working due to MVA injuries
  - more physically demanding job
  - modified work duties/hours not available
- Having dependents
- Multiple previous MVAs
- Availability of compensation
- Client involved in litigation

#### Psychosocial Factors

- Prior history of psychological disturbance  
These disturbances may be indicative of a proneness to emotional/affective problems and somatisation reactions, which are frequently based on affective disorders. Somatisation reaction in the course of WAD may establish a basis for symptom augmentation.
- Prior history of long-term problems in adjusting to symptoms of an injury or illness (e.g., coping mechanisms) Current psychosocial problems (e.g., family, job-related, financial problems)
- Severity of the accident (e.g., fatalities)
- Length of time in a collar
- Patient unable/unwilling to engage in active therapies
- Patient shows signs of emotional disturbance regarding his/her injury
- Patient shows signs of post traumatic stress or other psychological condition(s).