



- Although the use of the collar in whiplash patients is controversial, it is still widely used and left to emergency physician discretion;

- We found that the cervical collar use is significantly (95% CI 2.066 - 11.668, $p=0.001$) associated with emergency department return (OR=4.314).

- The collar utilization is not recommended as it may reinforce negative beliefs facilitating behavioral changes and maladaptation;¹⁻³

- An inter-disciplinary continuous professional development course based on recommendation of the most recent literature has the potential to improve the efficiency of Emergency Department without affecting the patients' safety.⁴

- Guidelines recommend as first-line treatment: address negative prognostic factor, reassure and advice to stay active, exercises, time-limited musculoskeletal physical therapy.⁵⁻⁹

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