Updated Return-to-Play Recommendations for Collision Athletes after Cervical Spine Injury: A Modified Delphi Consensus Study with the Cervical Spine Research Society

Modified Delphi Methodology Study:
- 3 questionnaire rounds
- >100 total spine surgeons
- Establish consensus for RTP:

Management of Collision Sport Athletes after Cervical Spine Injury

Results:
- 8 RTP recommendations with strong consensus
- 3 RTP recommendations with weak consensus
- 2 RTP recommendations with no consensus

Return-to-Play Consensus Recommendation Highlights:
- Asymptomatic athletes without signs of cervical stenosis and no T2-signal changes can RTP
- Asymptomatic athletes with a solid fusion after selected cervical spine fractures without instability and no T2-signal changes can RTP
- Strong consensus to allow RTP in asymptomatic athletes without T2-signal changes after one-level ACDF

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