

head to foot orthotics

Philadelphia Collar



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Philadelphia Collar for?

Your Philadelphia collar stabilises the cervical spine (neck) for stable fractures and soft tissue injuries or instability.

Showering

If you have a second Philadelphia collar you may wear the collar in the shower and change it over with the second collar once you're out. See below.

If you do not have a spare Philadelphia collar you cannot shower with the collar – sponge bathing may be required.

Changing the Collar at Home

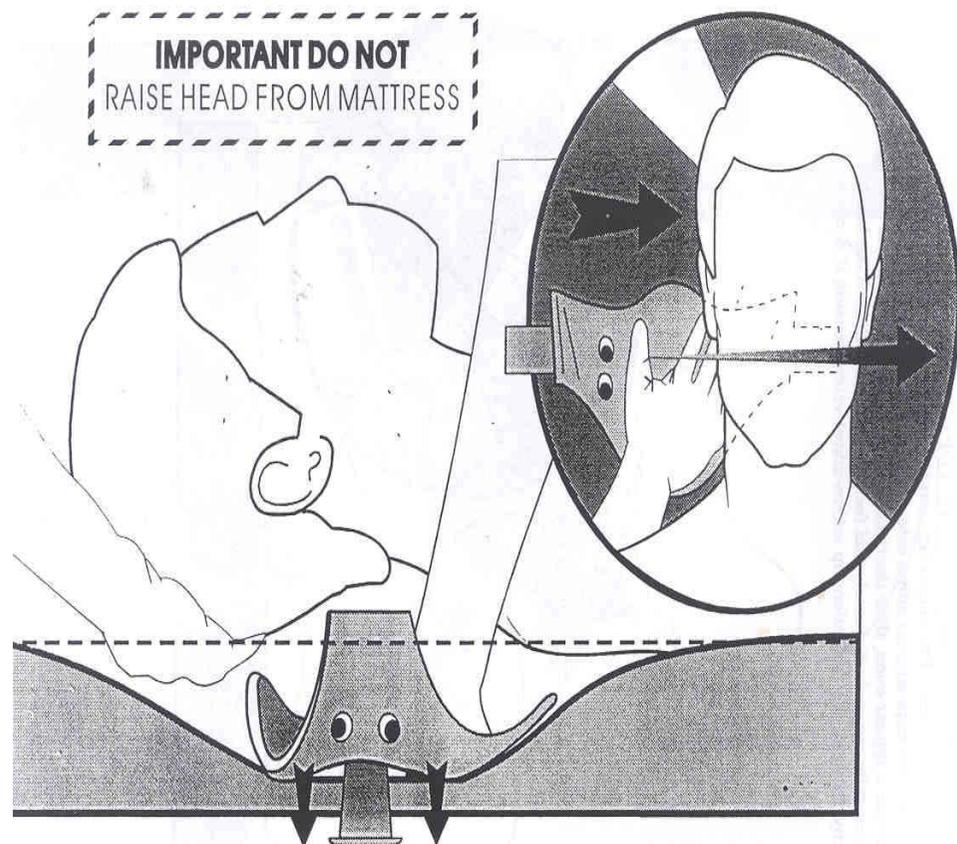
Firstly make sure you have permission from your doctor to change the collar at home. Please read this carefully and follow the instructions.

Method 1 – With an assistant

This method of changing the collar is preferable.

- Lie down on your back without pillows and stay as still and relaxed as possible.
- Unfasten the Velcro on both sides and gently lift off the front of the collar.
- The neck can be washed and dried (and shaved) carefully at this time.
- **BE CAREFUL - MOVE AS LITTLE AS POSSIBLE.**
- Place the front section back on the neck and ask the patient to hold this onto their chin this will remind them not to move.

Fig. 1



Wearing Problems

- The main area for rubbing, redness or blistering, is under the chin. This is usually caused by too much movement of the neck inside the collar. Therefore check the collar is correctly and firmly fitted and contact your Orthotist immediately.
- Rashes can occur and often they are caused by sweat building up in the foam of the collar. Therefore more regular collar changes and washing of the collar foam may have to be done.

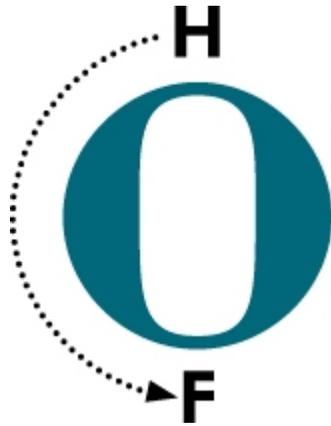
- Removable liners are available for the Philadelphia collar to assist with hygiene and skin care. Contact your Orthotist to arrange these.
- *CAUTION: Talcum or substitute powders and creams should not be used on skin underneath a collar.*

Cleaning

- If you have a spare collar you may wash the foam with warm soapy water. *Strictly air-dry only.*

When to Wear

- At all times unless your Doctor, Physiotherapist or Orthotist gives you instructions otherwise.
- It is recommended you sleep only with a rolled towel or a small pillow positioned in behind your neck and not with a normal pillow. A normal pillow may cause a pressure point on the most prominent point of the back of your head. If this occurs, call your Orthotist.
- Remove the back section by flattening the sides with one hand. Push the back section into the bed and gently slide it out with the other hand (see fig. 1 above).
- Take care not to move the persons head when pulling out the collar
- After washing and drying the neck replace the back section. This is done in the opposite manner as removed. Push down on the bed and carefully slide into place ensuring it is the correct way up. Fit the front section *over the top* of the back section. It should overlap and look symmetrical. The Velcro tabs should then be fastened firmly.



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Further Details

Please contact if you have questions or require an appointment.



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