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Please call if you have any questions
or require an appointment

Individual Client Notes



**head to foot
orthotics**



**It is important
that you attend any review
appointments. If you are
having any problems with
your Orthosis, we may be
able to fix it at your
appointment.**



Quality
ISO 9001

SAI GLOBAL

Cervical Collar

You have been fitted with a Cervical Collar. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

How to perform Collar care at Home:

Make sure you have permission from your doctor to change the collar at home. You will need someone to assist you when taking on and off your collar.

1. Lie down on your back without any pillows and lie as still possible. If possible have a family member or friend hold your head still.
2. Undo the Velcro tabs on both sides and gently lift the front off.
3. Slide the back of the collar out from behind the head by flattening the sides and pushing the back of the collar into the bed.
4. The neck can be washed and dried (and shaved) carefully at this time.
5. Change the liners one piece at a time with the clean set of liners provided.
6. Slide the back of the collar back into position by pushing it down into the bed and sliding it using 2 hands.
7. Place the front section *over the top* of the back section. It should overlap and look symmetrical.
8. Fasten the Velcro tabs firmly.

*** BE CAREFUL – TO MOVE AS LITTLE AS POSSIBLE.**

Problems?

If you feel that your cervical collar is:

- Causing discomfort or skin breakdown
- Broken or damaged
- Not fitting well
- Worn Out

Please contact Head to Foot Orthotics as soon as possible to discuss the situation.



Wearing

It may take some time to get used to wearing your Cervical collar. Your cervical collar stabilises your neck for fractures and soft tissue injuries or instability allowing it to heal.

- ✓ **Do** get someone to check your skin and change your collar liners regularly.
- ✓ **Do** wear all times unless your Doctor, Physiotherapist or Orthotist gives you instructions otherwise.
- ✓ **Do** check for rubbing, redness or blistering, especially under the chin. This can be caused by too much movement inside the collar.
- ✗ **Do Not** try to test how much movement the collar allows by pushing against it as this could lead to further injury.
- ✗ **Do Not** perform any heavy lifting, bending or strenuous activities, which involve using your arms.
- ✗ **Do Not** Drive whilst wearing a cervical collar.

Cleaning

If you have a second collar or a spare set of liners you may wear the collar in the shower and change them once you're out. If you do not have a spare collar or liners you will need to have a sponge bath instead.

- ✓ **Do** Contact your Orthotist to arrange removable liners for your collar to assist with hygiene and skin care if you do not already have a set.
- ✓ **Do** hand wash your spare collar or liners with warm soapy water. *Strictly air-dry only.*
- ✗ **Do Not** use Talcum or substitute powders and creams on your skin underneath the collar.

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort