

Cervical

Fitting

Adhering to the following steps will ensure the proper fit of the Cervical Orthosis.

FRONT PIECE

1. Gently slide the front piece up the chest wall into position beneath the chin.
2. Be sure the front piece is resting firmly on top of your shoulders and your chest.
3. Your chin should be resting comfortably in the chin support.

BACK PIECE

1. After positioning the front piece, place the back piece symmetrically behind your head.
2. Make sure it is properly oriented.
3. After centering the back piece, bring both Velcro straps around and attach them to the front of the collar.

FINAL ADJUSTMENT

To complete the final adjustments and fitting:

1. Stabilize the front piece with one hand while tightening the back piece with the other in an alternating fashion.
2. The tracheal opening may be used to grip the front piece while tightening the back piece.
3. For best results, hold the front piece closely against the neck while tightening the velcro straps.

Orthosis

CHECKING THE FIT

- Check that the chin is centered on the chin piece.
- Check the sides of the collar, they should be overlapping each other for proper lateral support
- Your collar, in general, should fit closely against the neck.

Wearing Schedule

Your physician must determine when and how long you need to wear the collar. If you have any questions regarding this, please call your doctor directly.

Care

The plastic shells of the collar can easily be wiped down with soap and water with a little disinfectant.

DO NOT use any bleach or harsh chemicals including any cleanser that has petroleum distillate!!

The pads velcro in and out of the plastic shell. Place the soiled set in a mesh bag or a pillow-case and launder in a normal fashion. An alternate method is to handwash them with soap and rinse thoroughly.

Note: You may purchase an extra set of pads to use while washing. If you do not have extra pads, be sure your head and neck are stabilized while the pads are drying.

Routine Skin Care

CHECK WITH YOUR DOCTOR FIRST TO CONFIRM THAT THE COLLAR CAN BE REMOVED.

To perform routine skin care, you need only unfasten the Velcro on one side of the collar to gain access to the neck for cleaning.

During the period in which you are required to wear this orthosis, we recommend that you do not put lotions on your skin in the area under the brace. This may soften the skin, which could lead to the development of sores.