

CERVICAL ORTHOSES (Philadelphia, Aspen, Miami J Collars)

A cervical orthosis/collar (CO) is used to protect and immobilize the cervical spine. It is used typically after an injury, surgery, fractures, or in severe cases of cervical spinal stenosis. A CO consists of two pieces, a front and back, that when applied and secured snug, create a rigid orthosis to support the head and neck. This should be worn only by the person who was measured and custom fit and only according to Physician instructions.

Application

Supine Donning

1. Fold the loop Velcro strap over the foam pad on the side that will be pushed through the neck crevice
2. Place the posterior panel under the crevice of the neck
3. Press down on the panel with one hand and push through with the other, being careful not to move the head and neck. (You may want a 2nd person to stabilize the head and neck during this step)
4. Make sure the posterior panel is centered under the neck and that the Velcro straps come to the same position on each side, and centered between the ear and top of the shoulder muscle.
5. Position the anterior (front) panel with the chin piece directly under the chin.
6. Hold firmly with one hand while pushing the sides of the anterior panel up over the shoulder muscles and around the neck.
7. While still holding firmly, attach the Velcro straps from the posterior panel to the hook on the anterior panel.

Upright donning (needs Physician approval)

1. Maintain head in neutral position or according to Physician instructions.
2. Position the anterior panel, with the chin piece directly under the chin.
3. Push the sides of the anterior panel up and over the shoulder muscles and around the neck.
4. While holding the anterior panel in place, center the posterior panel behind the head/neck.
5. Secure the Velcro straps from the posterior panel to the hook on the anterior panel.

Wearing Instructions

Do not remove the cervical orthosis unless indicated by your physician. Follow all physician orders regarding wear time of your cervical orthosis.

Care Instructions

Pads should be removed for cleaning if they become moist or develop an odor. Simply peel the pads off of the Velcro dots inside the plastic. Use replacement pads in the cervical orthosis while these pads are being cleaned and dried. Hand wash the pads with mild soap and water. Rinse thoroughly. Squeeze out excess water by pressing with a towel. Lay flat to completely air dry. Do NOT machine wash or dry. The plastic frame may also be cleaned with soap and water. Ensure all pads and plastic are completely dry prior to re-application.

Please call your nearest Westcoast Brace and Limb facility with any questions or concerns.



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