

# Application & Care of the Neck Collar

## Sitting Position



Reviewed By  
St George Hospital  
Consumer Advisory Group  
*Working together*

Produced by South Eastern Sydney Local Health District

The Miami J/Aspen collar has been prescribed by your doctors to stabilise your neck. This gives your neck support as your body recovers.

You have been given a:

MIAMI J



ASPEN COLLAR



## NOTES

Whenever taking the collar on and off make sure you are positioned:

- Sitting down on a bed or chair.
- Arms by the side.
- Feet supported on the ground.
- Head straight, looking forward, keeping still at all times whilst avoiding talking.



Ensure (if possible) that you are wearing an un-collared shirt with no buttons around the neck area. This is to avoid any pressure areas on the skin forming.

# Instructions for fitting the Collar on the Patient

## 1. Back piece

- Ensure you are in the starting position.
- Position the back piece behind the neck. It should be centred in the middle.
- Make sure the straps are equal on both sides and the back piece is centred in the middle of your neck.



**Cleaning the collar:** It is important you change the pads on the collar every day!

- When removing the pads, take one off at a time and immediately replace with the matching pad to avoid any confusion.
- Wash the pads in warm soapy water.
- Pat dry the pads gently in a towel. Do NOT wring out
- Place pads flat on dry towel and place in direct sunlight until completely dry.

Do NOT dry pads on a heater, near an open flame or with a hair dryer.

- When the pads are dry you can put them back onto the collar. Match the pieces and stick them back onto the Velcro.
- Make sure the padding completely covers the plastic.



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**Skincare:**

Every time you take the collar off:

- Check the neck, chin, ears and shoulder for redness or broken skin.
- For **showering**, the patient should wear a Philadelphia collar. (Unless otherwise instructed by your doctor or physio)
  - For this collar, make sure the front piece goes over the back. (opposite to the Aspen/Miami)
- Make sure the skin is dry before putting the collar back on.



If you see any red areas, sores or rash under the collar or have any other concerns please contact your GP/ doctor.

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**2. Front piece**

- Attach the front piece to one side of the back piece using the Velcro.



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**3. Adjust**

- Dip the front piece up and under the chin, and attach it loosely to the other side.
- Make sure the front piece is inside the back piece.



**4.**  
**Tighten**

- Tighten one side at a time until the collar is centred, firm and both Velcro pieces are even and straight. Ensure no plastic is touching the skin.

**Your fitting should look like this:**



**Continue to wear the collar until instructed otherwise by your doctor.**

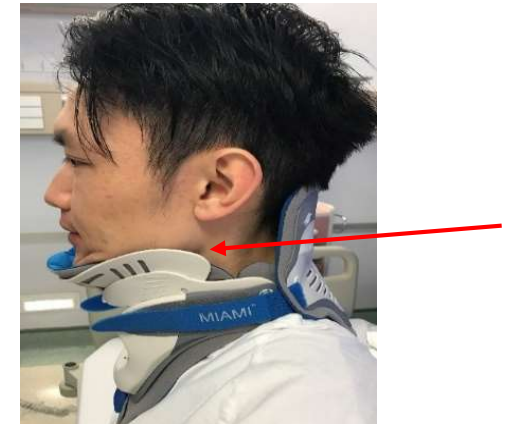
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### Common Errors:

Collar too loose:



Collar Plastic Touching Skin:



Velcro Straps not straight:

