

# Application & Care of the Neck Collar

## Lying Position With head-hold



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

Produced by South Eastern Sydney Local Health District

## NOTES

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



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**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.



The Doctors have advised that you need someone holding your head still while another person takes the collar on and off. You will **require two (2) carers:**

- 1 person holding your head still **at all times.**
- 1 person fitting the collar on/off.

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

- On a firm surface.
- Lying flat on your back, arms by side.
- **NO** pillows under head.
- Head centred.
- Keep completely still and avoid 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.

## Carer instructions for fitting the Collar on the Patient

### 1. Back piece

- Ensure patient is in the starting position.
- **Remind the patient to avoid moving or talking!**
- One person holds their head still.
- The other person slides the back piece under their neck by pushing into the firm surface.
- Make sure the straps are equal on both sides and the back piece is centred in the middle of their neck.



- 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.

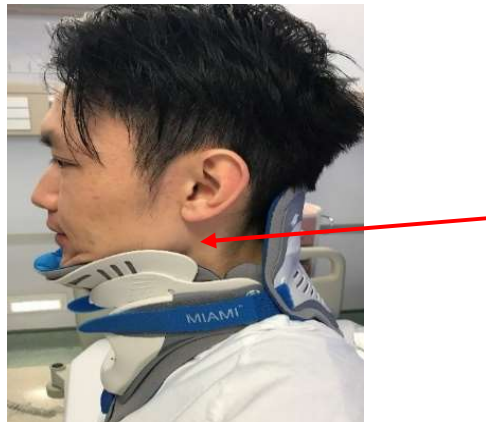
# Instructions for fitting the Collar on the Patient

## Common Errors:

Collar too loose:



Collar Plastic Touching Skin:



Velcro Straps not straight:



## 2. Front piece

- Hold the front piece with two hands. Flare the sides of the collar out and scoop up under the chin.
- Tuck the side pieces **inside** the back piece.
- Loosely attach the front by sticking the Velcro straps.



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### 3. 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.
- Once collar is fitted correctly, the carers may now let go of the head; the patient can now sit up in the way taught by their physiotherapist. Once again, ensure no plastic is touching the skin.



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**Your fitting should look like this:**



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

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