



Thoracic Collars – Care and Use Instructions

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| <input type="checkbox"/> Aspen | <input type="checkbox"/> Miami J | <input type="checkbox"/> Philadelphia | <input type="checkbox"/> Soft foam |
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You have been placed in a cervical collar. Four different types of cervical collars are frequently used. Each collar is designed to limit motion to allow healing after a cervical injury, fracture or surgical procedure. The collar you are wearing is prescribed based on its ability to limit motion and support your neck specifically related to your condition and/or needs. The collars are not interchangeable. Each collar has a slightly different fitting procedure. Refer to the pictures below for fitting specifics based on the type of collar you are using.

ASPEN COLLAR

- Aspen collars have removable washable liners attached inside with Velcro.
- Plastic sides on the front need to be wrapped around neck before the back is attached.
- The chin should rest in the chin cup and the foam should not extend out in front of the chin.
- Velcro should overlap evenly on both sides.

MIAMI-J COLLAR

- Miami-J collars have removable/washable liners attached inside with Velcro.
- Apply front of collar first by attaching strap around neck (this strap does not have to be tight, only snug enough to hold the front in place).
- Arrows on front and back of collar show top and bottom.
- After the front is on, slide back of collar into place and velcro straps evenly.
- Plastic should not extend beyond the level of the chin; foam should extend no more than approximately 1 cm beyond the chin.

SOFT FOAM COLLAR

- Soft foam collar is applied with Velcro in the back.
- Soft foam collar is contoured to relieve slightly under chin. Use this contour for alignment.
- Foam collar can be washed by submerging in mild soapy solution. Rinse, squeeze & air dry. Be sure collar is fully dry before attempting to wear.

PHILADELPHIA COLLAR

- The collar may be washed with mild soap and water. Liners are available if needed and can also be washed to keep the collar clean and dry.
- Front overlaps back.
- Velcro should be pulled evenly on both sides.
- Chin must rest in the chin cup to provide optimal support.

ALL CERVICAL COLLARS

1. Must be worn moderately snug to limit motion.
2. Must be worn according to specifics outlined above based on type of collar used.
3. May be washed and/or liners may be changed.
4. Must be kept clean and dry to protect skin integrity.
5. Duration of time wearing the collar and amount of time during the day wearing the collar are always patient specific and will be determined by your physician.

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