

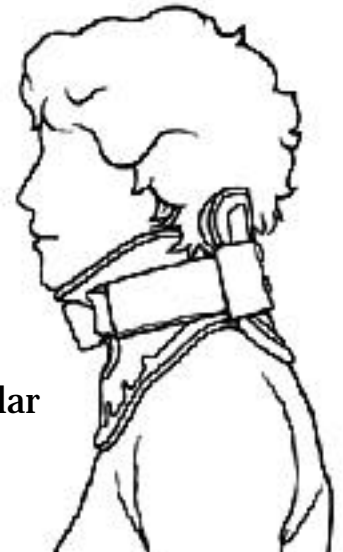
Philadelphia/Aspen/Miami J Collar



Philadelphia Collar



Aspen Collar



What is the brace/ why is it used:

The Philadelphia, Aspen, and Miami J collars are stiff collars that have front and back pieces that fasten together with Velcro. The purpose of these collars is to provide support and keep your neck still as it heals.

How to apply:

Your collar may be removed and reapplied while lying down or sitting as your doctor permits. Have someone help you remove and reapply your collar. Keep your head and neck still.

Lying down:

1. Unfasten the Velcro at each side.
2. Remove front piece. With the front piece off, have someone help you with skin care, shaving, etc. Remember to keep your head straight while your brace is off or unfastened.
3. Replace front piece.
4. Hold the front piece in place with one hand and log roll to your side. Holding the front piece, the back piece may then be removed for skin care.

5. Once your skin care is complete, replace the back piece.
6. Log roll to your back.
7. Fasten the Velcro on both sides. The collar should fit snugly.
8. Check in the mirror to make sure the collar is even.

Sitting: (only if allowed by your doctor)

You may remove one piece of the collar at a time to perform skin care, shaving, etc. Please refer to application steps under “Lying Down” section. Remember to keep your head straight and still when one piece of the collar is off. Replace the collar and fasten the velcro on both sides. The collar should fit snugly. Both pieces can be off at the same time when someone is helping, as long as you don’t move your head.

Bathing:

You may shower with your collar on when your doctor says it is ok. The Philadelphia collar may be removed and towel dried. The Aspen and Miami J collar have removable padding that can be changed. The plastic sections of the Aspen collar need to be dried thoroughly before reapplying. If you received a Philadelphia collar and an Aspen or Miami, use the Philadelphia collar for showering.

Cleaning Brace:

The Philadelphia collar may be washed with mild soap and water and towel dried. The Aspen and Miami J collar have removable pads. They may be hand washed with mild soap and water and allowed to air dry.

Dressing:

Dressing is not too much of a problem with these collars. If wearing a pullover top, be sure the neck opening is large enough so it may be easily slipped over your head without moving your neck. You may choose to wear button-up shirts.

Philadelphia/Aspen/Miami J Collar (cont.)

Skin Care:

Keep your skin clean and dry. Powder may be helpful in keeping skin dry and preventing irritations. Using a mirror or with someone's help, check your skin for redness or open areas. Check especially under your chin, the back of your head and on your shoulders where the collar rests. If you see areas of redness that don't go away or have increasing discomfort, call your orthotist (person who brought/made the brace).

Activity:

Car rides should be limited to doctor's appointments unless otherwise permitted by your doctor. Absolutely NO driving until your doctor allows. Further activity precautions are explained in the precaution section of this book.

Other Instructions:

Because you will not be able to see your feet when walking, look ahead. Be alert for toys, rugs, uneven floor or ground surfaces and pets.

Speak Up if You Have Any Questions or Concerns