

## Fit

If you feel your collar is no longer fitting properly, please contact us for advice.

Your collar will be a close fit but should not rub the skin. You may find that there will be a few red marks on your skin after removing it these should fade after one hour. If they persist for longer or it has made a sore, please book a review as we may need to see you to get this adjusted.

## Eligibility

You are eligible to one functional collar and replacement pads when necessary. If you require more collars above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.

## Contact us

Orthotics Department  
South Block  
Royal Berkshire Hospital  
London Road  
Reading RG1 5AN

Tel: **0118 322 7552**

**Your Orthotist is:**

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To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you would like this  
information in another language or  
format**

NHS Orthotic Managers Group, May 2025  
Next review due: May 2027



# Guidelines for the use of cervical collars

Information for patients

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Department of Orthotics

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**This leaflet aims to further help patients who have been supplied with a cervical collar from the Orthotics Department. It details information on how and when to use your prescribed collar, how to care for it and how to contact us if you have a problem or require a replacement.**

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## **What is a cervical collar?**



Any collar is designed to help stabilise your spine, restrict movement and hopefully reduce pain in the affected area.

This collar is either adjusted for your use only or custom-made. Do not adjust it or fit it to anyone else.

## **When / how long to wear it**

The orthotist may be able to tell you when or how long to wear the collar or you may need to speak to the consultant.

Your collar should be worn whenever you are sat or stood up. It can be removed when lying down, unless you are told otherwise.

The collar needs to be fastened up well, allowing your chin to be well supported.

If you are unclear how to get your collar on and off please contact our Orthotic Department.

If your brace was supplied as an outpatient, the length of time it is to be worn is specific to each patient and condition. Your orthotist or consultant will clarify this.

## **Cleaning and maintenance**

Please keep your collar in good condition. You may have a removable liner inside, which has specific cleaning instructions from the manufacturer and should be supplied upon receiving the device.

If you require a replacement for this, please contact the Orthotics Department.

The outside of all collars can be cleaned with a damp cloth and towel dried. Do not use heat to dry it as it may distort the shape. Do not use any detergents or soak the brace.

## **Repairs**

If you are a long-term patient, you may return your collar to the Orthotics Department for repairs, if required, i.e. new fastenings or linings. The Orthotics Department requires that you clean the collar before bringing it in for repair / adaption. If received in an unreasonable state, we may refuse to repair/ need to replace it.

Please make sure that any collars that are dropped off or posted to the department have your name, address and date of birth attached.