

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

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 we need to see you to get this adjusted.

Eligibility

You are entitled 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 NHS Foundation Trust
London Road
Reading RG1 5AN

Tel: 0118 322 7552
Fax: 0118 322 7551

If you experience any problems with your cervical collar please contact the department.

Your Orthotist is:
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All our publications can be made available in different languages or formats

Information leaflet supported by
NHS Orthotic Managers Group
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Department of Orthotics

Guidelines for the use of cervical collars

Information for patients

Aim

This leaflet is intended as further help to 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.



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

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

Your collar may be a custom moulded one from a plaster cast or a stock

item which has been customised for you to give the support at the level that is needed.

When and how long to wear it for

The orthotist or consultant prescribing the collar should tell you when and how long to wear the collar.

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

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 department.

Cleaning and maintenance

Please keep your collar in good condition. You may have a removable liner inside the collar which has specific cleaning instructions from the manufacturer and should be supplied upon receiving the device. If you require a replacement of 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 on it or soak the brace.

Repairs

If you are a long term user, you may return your collar to the orthotic department for repairs if required, ie 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 it may be refused.