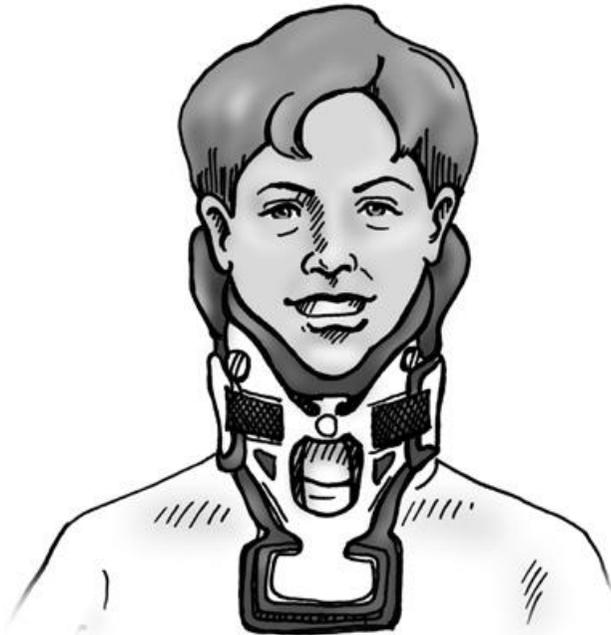


# Miami J<sup>®</sup> Cervical Collars

Fitting and Care

Physiotherapy Department



**Patient Information**

# Introduction

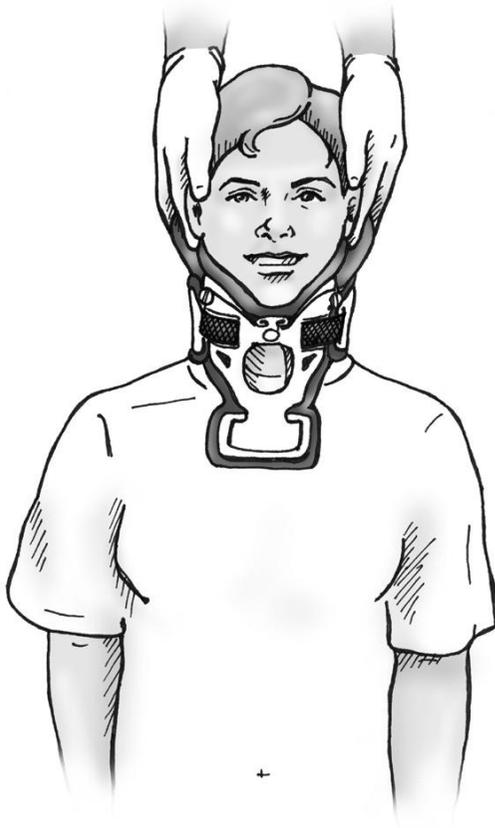
Your doctor has determined that wearing a Miami J® Cervical Collar will aid in your rehabilitation. The purpose of this collar is to maintain your neck in an appropriate position and limiting the movement of your neck to aid healing.

This leaflet will explain the things that you should do to care for and use your Miami J® Cervical Collar.

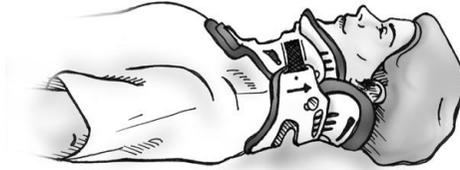
## Collar Removal and Skin Care

You must be lying down to remove the collar unless you are given permission by your doctor to do this in a sitting position. Someone should always help you to remove and reapply your collar in order to maintain correct head and neck alignment. You will need to concentrate on keeping your head and neck still.

Position patient with arms to the side, shoulders down and head aligned centrally.



- 1) Lie flat in bed without a pillow. Keep your head in a neutral position.



- 2) Do not bend your head forward, backward or side to side.
- 3) Unfasten the Velcro at each side.
- 4) Remove the front piece.
- 5) Remove pads and replace with clean pads.
- 6) Wash skin and ensure skin is dry prior to reapplying collar.
- 7) Do not use any powder.
- 8) Replace front piece by flaring the sides of the front out.

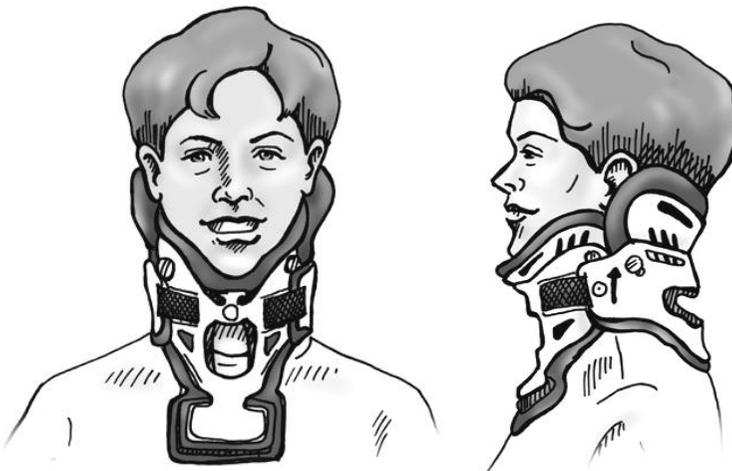


- 9) Slide the front piece up your chest wall and scoop it up under chin until the chin is resting in the centre of the chin piece.

- 10) Re-apply Velcro straps.
- 11) Gently roll onto side.
- 12) With head supported, undo the Velcro strap on the top side of the collar and fold the back of collar down.



- 13) Remove wet pads and replace with dry pads.
- 14) Wash skin and ensure skin is dry prior to reapplying collar.



## Sternal Pad



The Miami J® includes a removable sternal pad. It may be removed during meals to make chewing and swallowing easier.

## Cleaning Pads

- Wash the pads with mild facial wash / soap.
- DO NOT use bleach or harsh detergents.
- Thoroughly rinse the pads with clean water. Wring out the excess water and squeeze in a towel.
- Lay the pads out flat to air dry. It should take less than 60 minutes for them to dry.

# Patient Prescription

Patient name: .....

**1. How long is the collar required?**

3 months                  6 months                  other .....

**2. When does the collar have to be worn?**

24 hours                  Walking only                  other .....

**3. Can the patient turn themselves independently in bed without their collar?**

Yes                  No (If no, how many people to assist? .....

**4. Can the patient put their collar on independently?**

Yes, in lying                  Yes, in sitting                  No

**5. Can the patient shower without their collar?**

Yes, in lying                  Yes, in sitting                  No

**6. Can the patient shave without their collar?**

Yes, in lying                  Yes, in sitting                  No

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553. To use the Text Relay service, prefix all numbers with 18001.**

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगाठू उरनमे दी लेंड वै उं विरधु करके एस नंबर उे देन कते: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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