

# Cervical Orthosis

## Care and Use Instructions

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### INTRODUCTION

1. Cervical orthoses, such as the Johnson Collar (pictured below), Philadelphia Orthoses, and Miami-J Cervical Collar, are designed to keep you from bending forward or sideways (laterally) in the cervical spine area. Wearing a cervical orthoses can help support an injury or surgery, relieve pain due to stresses and strains, and/or other problems of the neck area.
2. The orthosis works by supporting your jaw and cheeks to hold your neck.



### FITTING

1. Do not attempt to put on the cervical orthosis yourself. Have someone help you so as to minimize the risk of unwanted cervical motion and to ensure ideal positioning.
2. The collar will be more comfortable if worn over a T-shirt or layer of stockinet. Put on the undergarment first only if it can be done safely without risk of causing movement of the neck. If this is not possible, a layer of stockinet or T-shirt material may be slid up under the orthosis after it is applied.

### APPLYING THE ORTHOSIS

#### 1. Putting on while lying down (with a helper):

Lay the front half on the orthosis against the chest so the chin rests in the cupped portion of the orthosis. “Log roll” to your side while your assistant supports your head and neck. Center the back half of the orthosis behind the head and neck.

#### Applying while standing up (with a helper preferably):

Hold your head so you are looking straight ahead. Have your helper (or yourself) place the front half on the orthosis against your chest so the chin rests in the cupped portion of the orthosis. Center the back half of the orthosis behind the head and neck.

2. Pull the Velcro straps on the sides of the neck to secure it. Make sure the brace is snug but not uncomfortably tight. It should not press the chin in a backward direction or “choke” you.



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## WEARING GUIDELINES & PRECAUTIONS

1. The orthosis should be worn as snug as you can tolerate. This way the orthosis will keep your head its straightest, thus providing better support. It will also keep the orthosis from shifting.
2. Remember, the collar cannot stop your neck from moving. It is used to reduce movement. It also serves as a reminder to change how you act and move. When you want to move your head, you move your entire body.
3. Water will not damage this orthosis. It can be cleaned with soap and water. Ask your orthotist or physician if you are allowed to take the orthosis off before cleaning it.
4. A piece of soft cotton cloth (i.e. handkerchief material) may be laid under the chin to reduce skin irritation.
5. Each time that the orthosis is removed, check for skin irritation.
6. If you have any questions or problems, do not hesitate to call your orthotist for assistance.

***NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.***



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