

Aljan Co.

2008 Fish Hatchery Rd.

Madison, WI 53713

(608) 257-4256 (800) 903-5409

RIGID CERVICAL ORTHOSIS

ABOUT YOUR CERVICAL ORTHOSIS

1. This collar is designed to restrict your head and neck movement. It is impossible to completely eliminate head and neck motion with a collar, therefore, it is important that you try to relax into the collar, allowing it to perform its function. Pulling at, or stretching over the collar will only serve to reduce its effectiveness, and eventually could damage or distort the device, or cause injury to you, as well as potentially slowing your healing time.
2. Your collar should always be snug, and fit firmly under your chin and against the back of your head. If the collar feels loose, even when the straps are fastened to the marks your practitioner has set, you will need to further tighten the straps. This may be due to a reduction in swelling in the neck area, or because the straps may stretch slightly from use. Loosen the straps slightly, and pull them past the mark on the strap. Refasten the strap. If possible, have someone assist you.
3. If you are required to wear the brace while sleeping, it is recommended that you sleep in a semi-reclined position, such as a recliner. This helps to take pressure off of the back of the head (occiput) as well as reduces the potential for the brace to shift and migrate.
4. If a pillow is used while sleeping, ensure that it is not a thick pillow that will push your head forward in the collar. This can cause unwanted pressure at the occiput and under the chin. A pillow of modest thickness should be placed under the **head and shoulders** to avoid bending neck forward. For side lying, use a thicker pillow under head only so that head remains in a neutral position.
5. You may find that changing position, especially from lying down to sitting, or while turning in your sleep, may cause the collar to shift. If this occurs, you may reposition your device. If possible, have someone assist you. While sitting upright, grasp the bottom of the collar and pull straight down. Do not attempt to stretch your neck over the collar. It may be necessary to loosen the straps slightly. Once the collar is properly positioned, retighten the straps.
6. The collar is fully padded, so it may be worn next to the skin with clothing over it. Generally, button front or V-neck shirts are easiest to put on.

7. It is extremely important that the skin under the collar remain clean and dry at all times. This will require that the liners in the brace be removed and washed. The liners should be changed after bathing, if you are required to wear the collar in the shower, or at anytime they become damp or soiled. You should always have assistance when changing the liners. To change the liners, either lay down flat on your back, or sit very still on a firm chair with back support. When the collar is off, you must remain very still, and refrain from turning or bending your neck. Have your helper remove one part of the collar, and unvelcro the liner. The clean liner can then be attached. Repeat with the second part of the collar. Ensure that the straps are fastened snugly when donning the collar.
8. Do not use any creams, lotions, or ointments under the collar. This will soften your skin, making it more susceptible to breakdown. Unscented talcum powder may be used under the device.
9. To clean the collar, wipe with a damp cloth, then air or towel dry. Do not use heat to dry the collar. The liners may be hand washed in cool water and mild soap, then allowed to air dry. Additional liner sets may be purchased.

WEARING AND USE OF YOUR COLLAR

1. Always follow your physician's guidelines regarding wearing time. If none are given, your practitioner will provide you with a schedule.
2. If you are to wear the collar at all times, then it is best to have assistance when putting on and removing the collar to change the liners. This may be done lying down, or sitting. Place the front of the collar firmly under your chin, and place the back of the collar behind your head. Fasten the closures snugly. The collar should be secure enough that your chin does not slide down inside the orthosis.
3. When removing the collar, check for red or irritated areas, especially under your chin and the occipital area at the back of your head.
4. If you experience pain, skin irritation, blisters or rashes from your collar, call immediately for an adjustment.

**An appointment is required to make changes or adjustments to your device.
Staff is available for emergency needs on weekends and holidays from
8:00 AM to 6:00 PM. Call the number below for instructions on how to page
the practitioner on call.**

**Please call if you have any problems with or questions about your device.
Report any changes in your health or physical condition that may affect the fit or
function of your device, such as changes in weight or volume, muscle strength, or
recent surgeries.**

(608) 257-4256