

## Benefits

### For the Fitter:

- simple to fit
- easy adjustment using interchangeable tubes
- longer tubes can be inserted to accommodate improved alignment
- all parts for the Collar are available as replacements

### For the Wearer and/or Caregiver:

- a cool, comfortable collar
- easy to put on and remove
- low profile; unobtrusive appearance
- easy to keep clean (soap and water)
- amount of support set to wearer needs

### Indications

The TOT collar use is added to the conservative treatment of infants with congenital muscular torticollis if they are 4 months of age or older and show a consistent head tilt of 5 degrees or more. The infant must have adequate ROM and lateral head righting reaction (head control and strength) to lift his or her head away from the side of the Collar.

### References:

For further reading and clinical examples:

“*Tubular Orthosis for Torticollis (TOT): A new approach to the Correction of Head Tilt in Congenital Muscular Torticollis*” Mosterman et al [B.C.H.R.F. Study 1985-1986] (abstract copies available)

“*The Determinants of Treatment Duration for Congenital Muscular Torticollis*” - Emery, C. Physical Therapy - Vol 74, #10, October, 1994, pp 921-929

“*TORTICOLLIS: Differential Diagnosis, Assessment and Treatment, Surgical Management and Bracing*” ISBN 0-7890-0317-1 Karen Karmel-Ross; Published by Haworth Press

## About Torticollis

### Congenital Muscular Torticollis

This condition is usually discovered in the first 6 to 8 weeks of life. It is characterized by a contracture of the sternocleidomastoid muscle, causing the head to be laterally flexed to the affected side and rotated to the opposite shoulder. If uncorrected, this posture may lead to plagiocephaly and a high thoracic scoliosis.

### The TOT Collar™

A loop of soft PVC tubing is bridged by two short nylon tubes. Varying sizes of tubes are packaged with the Collar. These tubes are positioned anterior and posterior to the crest of the trapezius. The PVC tubing is fastened with a connecting strap. The TOT Collar™ is non toxic and washable.

### Choosing the Correct Size

The Child size (TOT01) fits a 4 month to 10 year old child.

The Adult size (TOT02) fits an average 10 year old to adult



## The TOT Collar

### For Congenital Muscular Torticollis

The TOT Collar™ is designed to provide a stimulus to the lateral aspect of the skull. The user moves away from this stimulus towards a new, central corrected position. Adoption of a new, normal head position provides the ability to reset perception of horizontal and so maintain the corrected head position.

The TOT Collar™ is pre-assembled and ready to fit.

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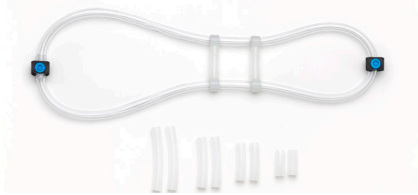
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## Fitting Instructions

The Collar is pre-assembled and ready to fit. The clear pvc tubing is supplied at twice the circumference of the neck, plus 4"-6". It is joined with an end connector.



The white tubes or struts are selected according to the amount of lateral tilt of the head. Tube A spans from posterior to the crest of the trapezius to the occiput



Tube B from anterior to the crest of the trapezius to below the tip of the mastoid process. Avoid pressure on the mandible.



The tubes are short to start with and replaced by longer tubes as correction is achieved. If there is a significant amount of tilt then use very short tubes initially.

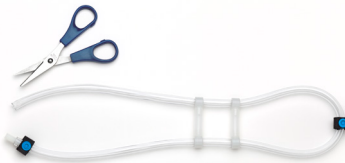
For correct fit, the infant should be holding his or her head in midline, slightly away from the struts, and there should be room for at least one adult finger to fit between the top clear pvc tubing and the neck.

Fit the Collar loosely at first and ensure that the lateral tubes are the correct length and on the correct side. Snug up the Collar by hand to check the fit.



**CAUTION: Do not leave a child unattended while wearing this Collar!**

Remove the Collar from the child. Pull through the clear pvc tubing to remove the excess. Trim this tubing to length with scissors and reconnect with the end connector. Replace the Collar after each trim to check the fit.



**Note:**  
**Be careful not to cut off too much of the clear tubing. It cannot be reconnected if cut too short.**

## Final Checks

- Ensure the white tubes are in position relative to the crest of the trapezius
- Ensure the parent or caregiver can position the Collar correctly – mark the top of the Collar if required
- Check for redness where struts touch skin
- The Collar may be covered with 2 inch stockinette or a knee high nylon to improve comfort



**Use the TOT Collar with a stretching regime for best results.**

### Using the TOT Collar™

- ✓ Place the Collar around the neck
- ✓ Position white tubes and connect the strap
- ✓ Check fit for undue pressure points
- ✓ Clean collar with soap & water regularly
- ✓ Remove the Collar when wearer is asleep
- !!! Do not leave a child unattended while wearing this Collar**

**Symmetric Designs accepts no liability resulting from the misapplication of this product.**