

# Therapeutic Use Instructions

A) Release one post from track and open chin rest. Place collar around neck and over shoulders.



B) Close chin rest and re-attach post onto track. Use gentle pressure to engage pinion. Turn large knob backward until post begins moving on track.

C) Check fit of collar on face. Adjust chin rest and cheek pads as needed. Cheek pads should be centered on nose as shown. Chin rest should tuck snugly under chin to provide appropriate mandibular support as shown.

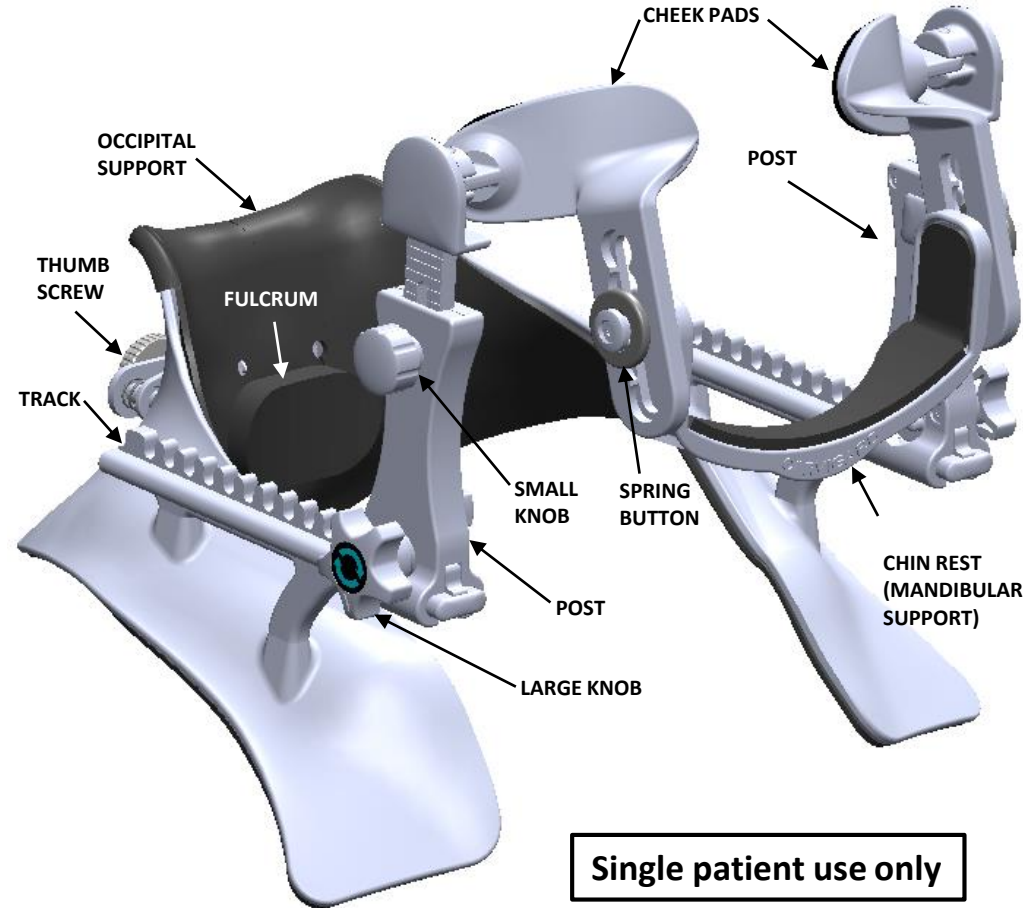


D) Turn both large knobs to retract head over shoulders. Count clicks to retract both sides evenly. Release cheek pressure by turning large knobs in the opposite direction. Release one post from track and open chin rest to remove collar when finished.



# FHP THERAPY COLLAR™

## Instructions for Use



**Single patient use only**

**INTENDED USE:** The Cervigard FHP Therapy Collar is intended for the treatment of chronic conditions such as forward head posture and restoration of the natural lordotic curve of the cervical spine. Also effective to be used post-surgically or post-injury for immobilizing and supporting the head and neck.



**READ INSTRUCTIONS BEFORE USE. This brace should only be fitted by a licensed medical professional.** These directions are guidelines only and are not offered as medical recommendations.

**Rx ONLY**

**NOT MADE WITH NATURAL RUBBER LATEX**

Call: (973) 680-1600 FAX: (973) 743-9693 Email: info@cervigard.com www.cervigard.com  
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**WARNING:** Do not wear collar without pads in place. Beware long hair or beard may get caught in mechanism. Use only under supervision of a physician. Use only as prescribed. If experiencing discomfort, remove immediately. Contact your physician if you have any questions. Failure to follow these instructions and warnings may cause personal injury and/or property damage. **CONTRAINDICATIONS:** Bone cancer, severe osteoporosis, vertebral fusion, unhealed cervical fracture

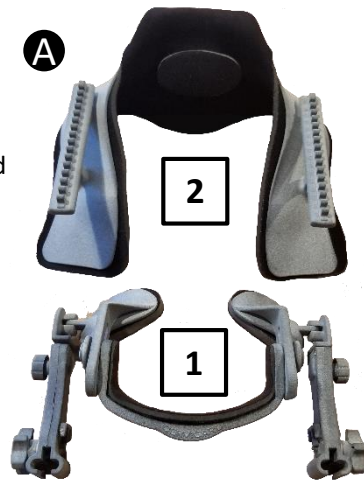
**WASH INSTRUCTIONS:** Wipe collar clean. Pads can be removed for hand washing in mild detergent. Air dry.

**MATERIAL SPECIFICATION:** Nylon, polyester, EVA foam, steel hardware

U.S. Pat. 8,038,635 and other patent applications pending.

# One-Time Setup

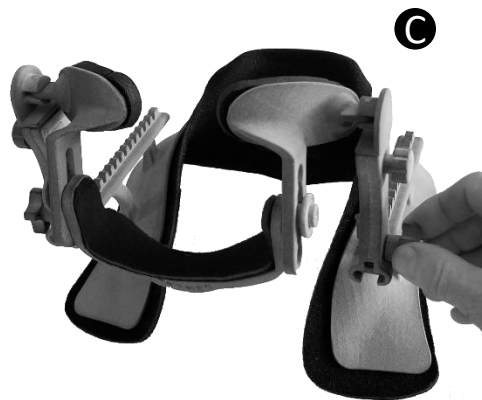
A) Remove chin rest (1) and collar (2) from packaging.



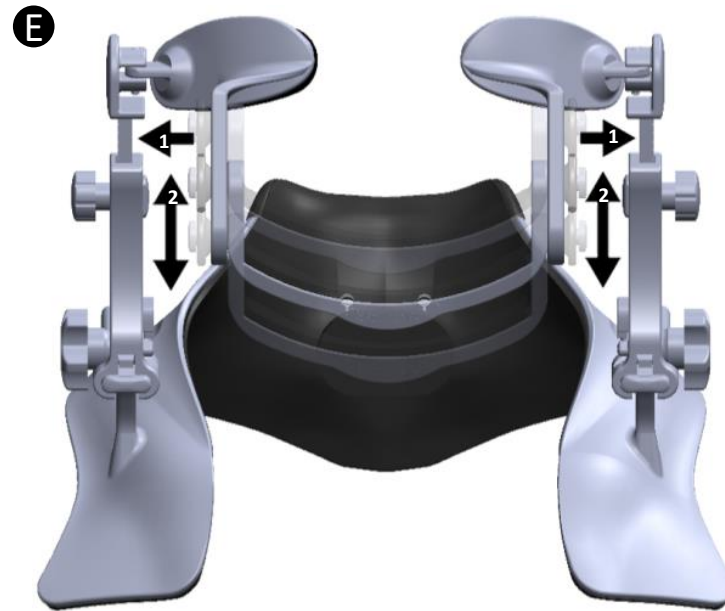
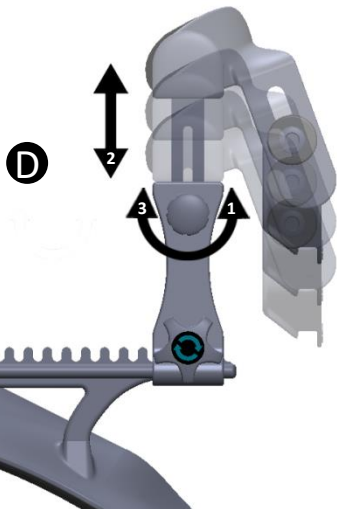
B) Grasp chin rest post and slide on to track as shown. Make sure cheek pads are facing in.



C) Apply gentle pressure to help engage gear. Turn large knob until chin rest begins to move along track.



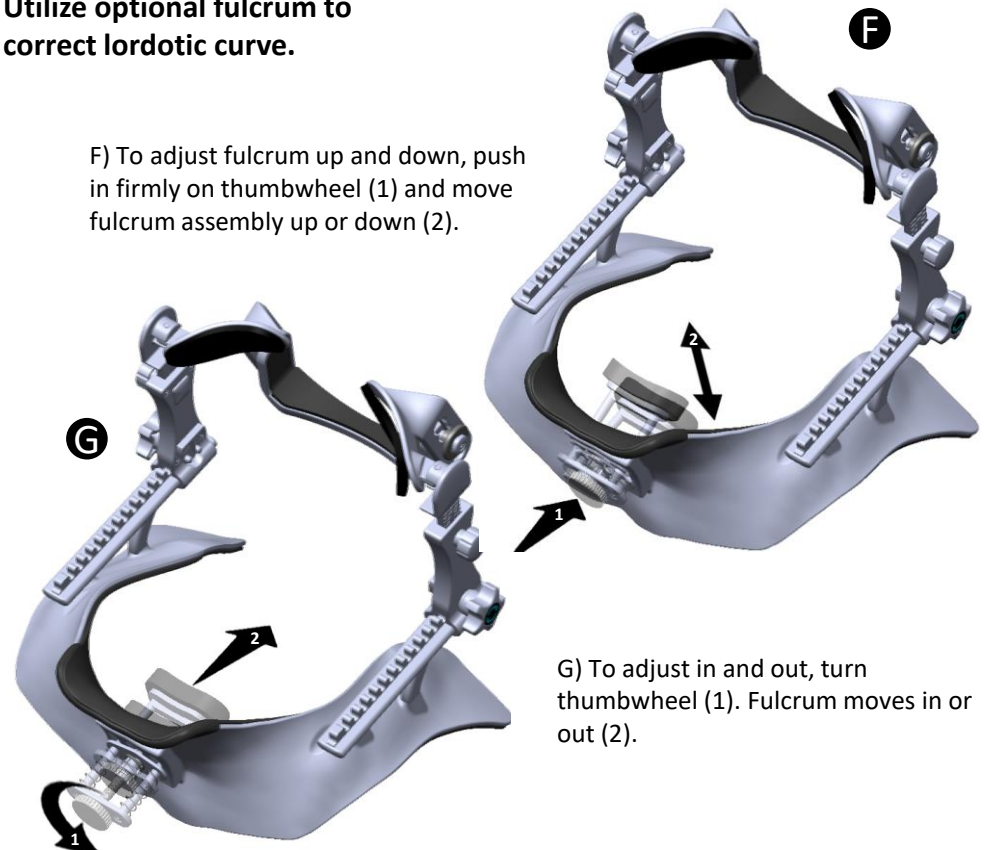
D) To adjust cheek pads up and down, loosen small knob (1), slide cheek pad up or down (2), and then tighten small knob (3).



E) To adjust chin rest up and down, pull out spring button (1) and slide chinrest up or down (2) to support the chin.

## Utilize optional fulcrum to correct lordotic curve.

F) To adjust fulcrum up and down, push in firmly on thumbwheel (1) and move fulcrum assembly up or down (2).



G) To adjust in and out, turn thumbwheel (1). Fulcrum moves in or out (2).