

Cervical Collar Patient Guide



STEP 1: With head held neutral
slide back piece under neck



STEP 2: Place front piece
underneath chin

*****ENSURE BACK AND FRONT PANELS ARE CENTERED AROUND NECK*****



STEP 3: tuck front panel
inside back panel



STEP 4: Attach Velcro straps snugly,
and equally, on both sides

General Guidelines

- Limit use of powder or lotion on skin under collar, as this can soil the padding.
- Keep skin clean and dry under/around the collar; wash neck and chin with mild soap and water. Rinse and dry well.
- Check for skin irritation and reddened after wearing collar. If skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**
- If the collar is not securely fastened it is not effective and will not support the neck/head. This can lead to pain and/or risk of further injury. If worn too loose may also cause skin soreness and irritation.
- The collar needs to be on at **all** times unless physician states otherwise.
- Collar should be removed at least once daily for skin inspection and/or washing.
- Replace pads to ensure proper hygiene practice.

Moving Safety

Collar is intended to limit the ability to move in certain directions

- Don't bend or twist at the neck
- Arrange household to keep items needed handy.
- Avoid picking up heavy objects until given clearance to do so by the doctor.
- Do not drive or operate heavy machinery while collar is donned

If additional questions, please contact:

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