



Short Miami J Cervical Orthosis

The Short Miami Collar is a rigid brace that provides support for the cervical spine by preventing flexion (forward movement), extension (backwards movement) and rotation (sideways movement) You have been prescribed a Short Miami J Collar by your Spinal Doctor to manage your neck injury.



When to wear your collar

- The Short Miami J Collar is to be worn **at all times**, including in the shower
- Most people wear the collar for eight to twelve weeks
- At your Outpatient follow up appointment your Spinal Doctor will tell you how long to wear your collar for. An x-ray may be necessary before you are able to stop wearing the collar

Who will fit your collar

- Your Short Miami J Collar will be fitted by an Orthotist from Royal Perth Hospital. Once you start to mobilise adjustments may need to be made.
- **Only allow qualified people to adjust your brace. Please contact the Orthotist or competent Nurse or Physiotherapist to make any further adjustments.**
- Orthotics will provide you with a second set of blue pads to be used after showering.



How to Remove the collar (and change the wet pads for the dry pads after a shower)

- The collar must only be changed when you are lying flat on your back (no pillow)
- Place a towel down on the bed and lie flat on your back, have a second towel ready to use nearby



- Open the Velcro straps on either side of the collar and remove the front piece



- Place your hand underneath your neck and slide the back part of the collar out to the side
- When the collar is removed you must try to remain as still as possible
- Remove the wet pads, dry the plastic and then place the dry spare pads on the collar



To put the collar back on

- Slide the back piece underneath your neck making sure it's the right way up (check arrows and writing on the brace)
- To replace the front piece take the sides of the collar in your hands and 'flare and scoop' the piece up underneath your chin
- Place the front piece inside the back piece and attach the Velcro straps
- You are now free to mobilise safely

How to care for your collar

- Avoid putting the pads into a washing machine – instead if required they can be given a rinse with detergent in the sink. After cleaned squeeze out excess water with a towel and lay somewhere out of the direct sun and they will dry ready for the next shower
- If required the white plastic can be cleaned with soap and water then dried with a towel

Activities to avoid while wearing your collar

- Driving a motor vehicle
- Physical sports and running – avoid any jarring or high impact activities
- At risk activities including riding a bicycle or skateboarding
- Heavy lifting, pushing or manual work
- Check with your Spinal Doctor before resuming any of these activities
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over.

Additional Information

- Avoid wearing any clothing underneath the collar
- Wear loose, easy fitting clothes over your collar
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole)
- *Check your skin daily* for any areas of redness or irritation. Should your skin become red or blistered please contact the Orthotics Department on the number below for an urgent review

Any Further Questions

Please ask your Nurse, Spinal Doctor, Physiotherapist or Orthotist should you have any further enquiries or questions

Contact Numbers

After your discharge from Royal Perth Hospital all collar inquiries should be directed to **South Metropolitan Orthotics Department Phone: 6152 7450**

