



Step 3.

Ensure both sides of the front piece of collar fits neatly over the top of the back portion so that the front piece lines up with the back.



Step 4.

Bring the Velcro straps on either side from the back piece forward and secure over both sides of the front piece.



It is necessary to wear your collar continuously. Please check with your spinal doctor for any different instructions and when you can stop wearing your collar.

Care of your collar

Your collar can be sponged each day using a cloth with warm water and soap and patted dry with a towel. This will remove sweat, dirt and grime. Reapply your collar as per instructions. **Do not place near a heater or use a hair dryer to dry.**

Activities to avoid while wearing your collar

- Flexing/extending/rotating your head/neck.
- Playing sports and running.
- Driving a motor vehicle.
- Heavy lifting or manual work.

Ask your spinal doctor about when you can resume the above activities.

Other considerations

- Be careful when around small pets and children
- Keep your environment free of obstacles such as mats, cords, and rugs that you may trip over.
- Wear comfortable practical shoes (no thongs, high heels or slippery soles).
- Report any skin problems that develop while wearing your collar.
- A follow up appointment will be made with your spinal doctor prior to you being discharged from hospital.

Philadelphia Neck Collar

Flexion/extension/rotation control orthoses



This brochure contains patient education information about:

- The cervical spine
- Why you need to wear your collar
- When to wear your collar
- How to apply your collar
- Care of your collar
- Activities to avoid when wearing your collar
- Relevant phone numbers you may need on discharge from hospital

Any further questions

Please ask your nurse, Spinal Doctor, physiotherapist orthotists should you have any further enquiries or questions prior to discharge. Once home, if you have any problems relating to your collar, contact the Orthotics Department on: 61527450. Any medical concerns contact your General Practitioner (GP) or in an emergency please go to your nearest emergency department (ED).

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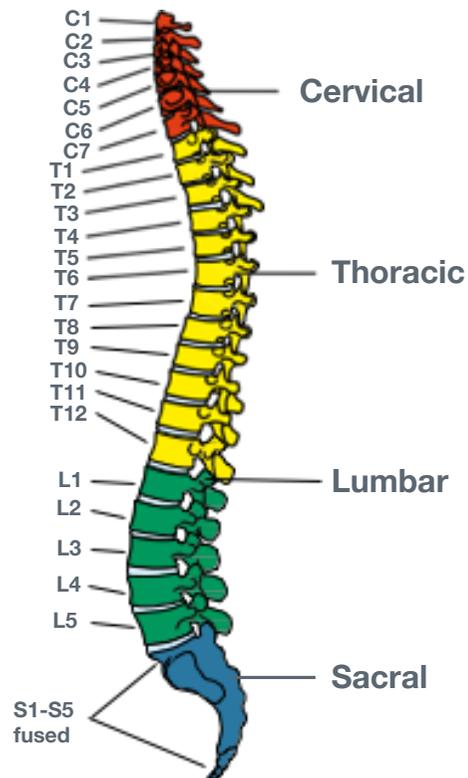
This document can be made available in alternative formats on request.

The cervical (neck) spine

The cervical spine (neck) is made up of the first seven bones of the spinal column and is located at the bottom of the skull down to just above the shoulders (thoracic spine).

The spinal column also includes joints, discs, ligaments, tendons, nerves and the spinal cord. Each bone is shaped in a way that allows the bones to stack together and protect the spinal cord from damage.

The different regions of the spinal column



The function of the cervical spine is to provide

- support for the weight of the head
- protection for the spinal cord.
- rotation of the neck
(move the neck sideways)
- flexion/extension of the neck
(moves the neck up and down)

Injuries

An injury to the cervical spine can result in fractures (broken bones), dislocations (bones that move away from the normal position), subluxations (incomplete dislocations), joints, ligaments and tendon damage.

The above injuries can take up to three months to heal. Surgery may be required to treat some injuries.

Diagnosis of injuries

Injuries are diagnosed using X-rays and/or MRI and CT Scans. For healing to take place it is important that the spine remains in the correct position and the injury is stabilised.

Cervical (neck) collars

Cervical collars are used to prevent the neck from moving forward, backwards and side to side.

The Philadelphia Collar is a rigid, non-toxic hypo allergenic, latex-free plastalzote foam collar that provides anterior and posterior rigid plastic reinforcement support.

It is designed to provide support to the cervical spine by preventing movement while healing takes place.

Who will fit your collar

A doctor, experienced spinal nurse, orthotists or physiotherapist from Royal Perth Hospital will initially fit your collar. Please do not allow unqualified people to make any changes or adjustments to your collar. **Always consult with the experienced staff above if adjustments are required.**

How to apply your collar

The Philadelphia Collar consists of a front and back piece.

Step 1.

While still lying down on your back slide the back piece under your neck from the side. Please do not lift your head.



Step 2.

Apply the front piece ensuring it sits under your chin so your chin is firmly supported.

