

A guide to your collar



Opcare

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A brand of the AM Healthcare Group

What is a collar?

A collar is a brace worn around your neck. Collars are typically worn:

- To support weak muscles.
- To support the head and limit movement of the joints and muscles in your neck. This is often used as a healing device following surgery.
- To provide pain relief, for conditions such as rheumatoid arthritis.



How do you put on a collar?

Your orthotist will demonstrate how to put on your collar. The most important things to remember are:

1. Ensure the collar is central and sitting correctly beneath your chin before fastening the straps
2. The straps should be pulled tight enough so that the collar doesn't rotate whilst you are wearing it

How long should I wear my collar?

Your orthotist will advise how long you need to wear the collar for, and for which activities. If you are wearing a collar following a fracture, you may have to wear it constantly until the fracture has healed. If you are wearing a collar to treat a long-term condition then you may be able to wear it for shorter periods.

If you wear your collar at night, adjust your pillows so that your neck is kept straight and comfortable.

If you wear your collar to drive, you may need to inform your insurance company.

Caring for your collar

Like any orthosis, the lifespan of a collar depends on how often it is worn and how well it is cared for.

You will be provided with specific washing instructions when the collar is first given to you. In most cases you can wipe over with a damp cloth and then leave to dry naturally. Do not expose to direct heat sources such as radiators or fires.

If you are a long term user, you may return your collar to the orthotic department for repairs if required.

Your notes: