

Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

How to contact us

Inpatient Physiotherapy
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road
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WD18 0HB

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals@nhs.net



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**West Hertfordshire
Hospitals**
NHS Trust



A guide to...

Cervical Collars

How to fit and wear your neck collar

Patient information

Inpatient Physiotherapy

Watford General Hospital

What is a hard collar and why do I need it?

A hard collar is provided to patients who require limited movement of their neck. This is normally to manage spinal fractures.

The collar will maintain your neck in the proper position while it is healing. Not being able to turn or shake your head may seem unusual, but limiting the motion of your neck is an important part of your treatment and will prevent further damage.

When and how long should I wear my collar

- Your collar should be worn at all times until advised otherwise by your consultant

Your collar must be changed in **SITTING**

You will need person/s to assist in this.

Head hold required? Yes / No

To remove when sitting

1. Sit up straight in a firm chair.

Keep your head and neck still. If you have been advised to have a head hold; have someone stand behind you and hold both sides of your head.

Do not bend your neck forward, backward or sideways. Be very careful not to move your neck while this is done.



To replace when sitting

1. Place the back panel behind the neck; make sure it is centred evenly.



2. Pick up the front panel of the collar.

Position the chin piece directly under the chin.



3. Alternately tighten the straps, one at a time, until they are in the original position.



When the Vista Cervical Collar is properly re-applied, your chin will be centered in the chin piece, with the chin flush to the front of the plastic. The sides and the back panel will overlap the sides of the front piece. No plastic should touch any part of your skin.

Cleaning

1. Clean the front and back panels of the collar and replace the soiled pads with clean ones as directed below.
2. Peel the soiled pads off. Look carefully at the shape as you remove them so that you can reposition the clean pads properly. (The pads attach with Velcro)
3. Wash the pads with mild facial soap and water.
4. **Do not** use bleach or harsh detergents.
5. Thoroughly rinse the pads with clean water.
6. Wring out the excess water and squeeze in a towel.
7. Lay the pads out flat to air dry. It should take less than 60 minutes for them to dry.
8. Wipe the plastic collar shell clean with mild soap and water.

