



MIAMI J CERVICAL COLLAR

Purpose: To stabilize the head and neck for pain reduction and appropriate healing. Being unable to nod, turn, or shake your head may seem strange, but limiting neck motion is an important part of your healing process.

Goal: Your orthotist's goal is to help you heal and mobilize safely.

Use: The orthosis is to be worn at all times unless directed otherwise by the prescribing physician. The device must be donned and doffed (worn) as shown/instructed at fitting, including appropriate positioning and strap tightness, in order to be successful. The cervical collar must be worn quite snug in order to be effective.

Hygiene: You will have received a spare set of pads to switch out for hygiene purposes; only if allowed by your physician may you (WITH THE HELP OF A SECOND PERSON) temporarily remove the orthosis for cleaning. Replace the soiled pads with clean ones, wipe down the collar if needed, and re-don the orthosis before attempting to clean the soiled pads. Wash the pads by hand with mild soap and water, rinse well, squeeze in towel, and lay flat to air dry. Do not place the orthosis in the clothes dryer; do not use a hair dryer or bleach/harsh detergents on it.

Skin checks: It is important to routinely monitor the skin for signs of trouble; because the device applies pressure to the body, any light-to-medium marks or changes in skin color are considered acceptable. A dark mark or anything approaching a bruise would indicate an adjustment is needed; in this case, please contact your orthotist for an appointment.

Potential Risks: With the use of any orthosis, there is a potential risk of skin breakdown. Additionally, with a cervical collar, improper use of the device may increase the risk for delayed or improper healing.

Potential Benefits: The proper use of this Miami J cervical collar has the potential

Anchorage 907-561-1777

Wasilla 907-357-3737

Soldotna & Statewide 800-478-0852

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benefits of reducing pain and allowing appropriate healing.

General Health Concerns: If you have any concerns about your general health, please contact your physician for assistance; in the case of an emergency, please go to the nearest Emergency Department or call 911.

Follow-Up on Orthosis: If you have any questions or concerns about the function or fit of the orthosis, please contact Northern Orthopedics for an appointment.

Warranty: Northern Orthopedics will make any necessary adjustments or repairs to the device free of charge during the 90 day warranty period; the warranty does not apply if these are needed due to patient physiological changes. The warranty is void if anyone other than Northern Orthopedics alters the device and Northern Orthopedics will not be responsible for adjustments or repairs needed due to abuse, neglect, or normal wear and tear. **Devices cannot be returned.**

