

Aspen Cervical Collar

Function

- A pliable collar in two pieces, a front piece and a back piece

Designed to restrict cervical flexion, extension and rotations.

Wearing the Collar

- The back piece, supporting the occiput should be put on first
- The front piece, supporting the chin, tucks inside the back piece
- Attach firmly at the sides with the Velcro straps. The Orthotist will mark with pen where the straps should fasten up to.
- Unless instructed by your Surgeon / Consultant this collar must be worn all the time



Showering

- Advisable to have assistance
- While holding your neck still, remove the wet collar
- Dry your neck well
- Apply powder to the skin to ensure it is dry
- Apply the clean collar, back piece first, then front piece, and firmly do up the Velcro straps

Pad Replacement

- Adjust the pads so that the grey side grips the Velcro dots. The pads must cover all edges of the plastic. If not, move the pad to stop the

plastic from touching the skin. To change the back pad, push the Velcro straps through the slits in the pad, and then through the slots in the outer edge of the plastic.

Cleaning the liners

- Remove the Velcro fastened liners from the collar.

Wash with mild soap and water

Air dry

To aid the liners to dry quickly, wrap the wet liners in a towel and then squeeze gently. Repeat a few times and then hang-up to dry.

Do not put in washer or dryer.

Additional liners are available from Orthotics if required

For any queries with the brace please call

Orthotists-Auckland Hospital phone 307 4949 - Loc 93 5129

Spinal Nurse Specialist-Auckland Hospital phone 021938247

If you have any concerns regarding sensation or pain please contact your General Practitioner

Reference:

Asquith, J.& Wilkinson, S. (2004). Spinal Workbook, Department of Orthopaedics Auckland City Hospital, Auckland.

Askin, V. and Eismont, F. (1997). Efficacy of five cervical orthosis in restricting cervical motion: A comparison study. , Spine , Vol 22 (11), pp 1193-1198.

Gilchrist, J. (2003). Spinal orthosis. In Delvin, V.,(Ed.) Spine Secrets,(pp .126-138). Philadelphia, Hanley and Belfus, Inc.

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