

Philadelphia Cervical Collar

Function

- For many spinal injuries C6-T2, suspected cervical injuries, cervical strain just to mention a few.
- A rigid foam collar in two pieces, a front piece and a back piece
- It is both latex free and hypoallergenic
- Do not drive or operate machinery.



Wearing the Collar

- The back piece, supporting the occiput should be put on first (please make sure the arrow is pointing upwards)
- The front piece, supporting the chin, overlaps the back piece
- Attach firmly at the sides with the Velcro straps
- Unless instructed by your Surgeon / Consultant this collar must be worn all the time

Showering

- A second collar will be given to you so that you can change the collars following showering / bathing
- 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
- Liners are available from Orthotics if rashes are problematic

Cleaning the collar

- Wash with mild soap and water
- Wipe dry - then air dry

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:

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.

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

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

Kulkarni, D. E. (2005) Spinal Orthotics. [On-line]
, <http://www.emedicine.com/pmr/topic173.htm>

Webber-Jones, J. Thomas, Carmel, A. & Bordeasux, R. (2002). The management and prevention of rigid collar complications. Orthopaedic Nursing, Vol 21(4), Pp19-27.