

USE AND CARE OF COLLARS

You have received a:

_____ Soft Foam Collar

_____ Plastazote Collar

Other _____

PURPOSE

1. To decrease neck pain and referred pain.
2. To limit excessive movements of your neck.
3. To encourage proper neck positioning.

WEARING INSTRUCTIONS

- | | | |
|--------------------------|-------|---|
| _____ 1. Night-time use: | _____ | Only soft foam collars are to be worn when sleeping. |
| _____ 2. Daytime use: | _____ | A. All day, or as much as possible |
| | _____ | B. During activities which can aggravate neck pain (i.e. reading, writing, desk work) |
| | _____ | C. When travelling in a car or other transport. |
| | _____ | D. With onset of discomfort in neck. |

CARE OF COLLARS

- _____ 1. Soft Foam Collar: Wash stockinette in warm soapy water, or wash entire collar by hand. Allow to air dry.
- _____ 2. Plastazote Collar: Wash on delicate cycle in machine with velcro strap fastened, or wash by hand in warm soapy water. Allow to air dry.

NOTE: If pain increases or symptoms worsen, discontinue wearing your collar and contact your therapist as soon as possible. If the collar causes pressure to your skin, please contact your therapist for an appointment so adjustments can be made.