

Information for patients

Neck Braces and Collars



Orthotics

Neck Braces and Collars

Collars provide the following functions:

- To support the mass of the head and limit motion of the joints, ligaments and muscles in your neck
- To support weak muscles
- To support vertebrae which have structural weakness or instability
- To provide pain relief

Common uses are for cervical spondylitis, cervical fractures, or post operatively. Your support is designed to provide support and comfort and is prescribed to suit your specific needs.

When Should I Wear My Neck Brace?

Your Orthotist and consultant will advise you when to wear your neck brace. For use post-operatively you may have to wear your brace all the time. In most cases the brace is there to provide support in times of need, i.e. when you are active. A neck brace often acts as a reminder to be careful when you are active.

Do not wear your collar whilst driving. If a collar have been supplied to stabilise a spinal fracture, your consultant will dictate when to wear your collar and for how long.

Putting on Your Collar

You may have to put your brace on before standing up. If so ensure you keep your brace next to your bed and put it on while lying down. Otherwise your support can be put on standing up. Try to ensure it is central before fastening the straps. The straps should be pulled snug to ensure the device doesn't move around.

Seek help in putting your collar on and off if necessary.

If you have a two-piece collar it is usually easiest to leave one of the hook and loop fastening straps fastened and just undo one side, allowing the other to act as a hinge.

Neck collars often use the shoulders, jaw and chest as bracing points which work together to reduce motion. It is not unusual for the skin on your jaw or collar bones to become a little sore or reddened during initial use.

Care

Please keep your brace in good repair. If you are a long-term user you can return your collar to the Orthotics department to have the repairs done e.g. for worn fastenings or elastics. It can be dropped in or posted. Please ensure you include your name and address with the items. We will contact you when it is ready for collection.

Most supports can be washed and you should be provided with specific washing instructions when you have the device fitted. Do not tumble dry your support.

Hard collars are supplied with a spare set of fabric pads that can be swapped for hygiene purposes.

What Happens Next?

Once we are sure your support is appropriate and you have no problems, if you are a long-term user, you can be provided with a second support. This will allow you to wear one while the other is being repaired.

Once a support is beyond repair you will be required to bring it into the department to be checked, then a replacement can be ordered, ensuring you always have two in total. Should you have any queries regarding your collar please do not hesitate to contact us on **01691 404442**

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.

The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: 01691 404442

Below are the opening times for the department for dropping off/collecting footwear and appliances. Please note the contact telephone number is available throughout normal working hours.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15 am – 5.45 pm

Friday, 8.15 am – 4.45 pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45 am – 5 pm

Friday, 8.45 am – 4 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

Monday – Thursday, 8.30 am – 4 pm

Friday, 8.30 am – 3 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

Monday – Thursday, 9.00 am – 4.30 pm

Friday, 8.30 am – 12.30 pm. Closed pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet.
Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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