

# Fitting of Miami J collar using the self-assist strap

Orthopaedic Department



Patient information leaflet

This leaflet has been produced as a guide to fitting a hard collar using the self-assist strap. It is an adjunct to the collar care training that has been provided. It is a step by step guide to help prompt the patient/family/health care professional on how to fit their hard collar using the self-assist strap. This allows you to put on your hard collar independently and in a sitting position. The hard collar must be on at all times when you are standing and walking.

## **How do I fit a Miami J Collar?**

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Fitting of Miami J collar with self-assist strap



1. Attach self-assist strap to front of collar by threading strap through the slot on the side of the collar and hooking over button. Ensure the strap is the correct way up.



2. Sit in front of a mirror. Slide the front piece of the collar up your chest then scoop it up under the chin with one hand.



3. Hold the front of the collar securely with your hand. Bring the self-assist strap around the back of the neck with your other hand and attach loosely to the blue Velcro section on the opposite side of the collar. Ensure white Velcro self-assist strap is well-aligned against blue Velcro on the front of collar.



4. Position the back of the collar around your neck. Ensure the arrows point up. Line up blue Velcro straps on each side. Tighten straps alternately, one at a time to an equal length on both sides, ensuring a snug fit. Velcro straps should be aligned symmetrically.



5. When the collar fits properly there should be equal amounts of excess Velcro overhanging the front blue adhesive sections.



Collar application must be secure to ensure proper fit, maintain alignment, and to prevent the chin from slipping inside.



If you can slip your chin inside the collar, it is a clear indication that it is not snug enough. It is nearly impossible to fit a properly sized collar too tight.



## How do I care for the collar?

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Before you remove your collar ensure you have all the necessary equipment; bowl of warm water, soap, towel, razor, shaving foam, clean collar pads and barrier cream.

1. Sit in front of a mirror and remove your collar. Ensure you keep your neck as still as possible once the collar is off.
2. Wash your skin with warm soapy water then gently pat dry.
3. It is recommended that pads are changed at least every other day or daily if soiled.
4. When replacing pads, the shiny side should be against your skin.
5. Refit the collar following the previous step-by-step instructions.

## Final checklist:

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1. Miami J Collar will look like the photo shown on the opposite page.
2. Chin is centred comfortably in Chin Support. Chin should not extend over edge of pad, nor fall inside collar.
3. Collar Velcro straps aligned with equal excess both sides.
4. Sides of back section should overlap sides of front section.
5. No plastic touching skin. Pads should extend beyond all plastic edges.
6. No slack or gaps in any of the straps.

## Reference sources

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- [www.ossur.com](http://www.ossur.com)

## Contact details

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If you require any further information please contact us.

### Orthopaedic Physiotherapy Team

**Telephone:** 01483 571122 **ext** 4153

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### PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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