

Review Procedure



Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____



Information for Patients

Using a Soft Collar



Using a Soft Collar

What are soft collars?

Soft collars are made of a sponge material with a fabric cover. They come in a variety of lengths and depths to allow for a comfortable and accurate fit.

- The edge with the dip fits under the chin.
- Most collars fasten at the back with Velcro. If you have problems fastening your collar, there may be one with a more suitable fastening – please ask.
- Your collar should be fastened firmly enough for comfort but must not be too slack and allow the head to move freely or the chin to slip inside.
- Soft collars will not stop all neck movement but will help to remind you not to do some movements.

Reasons why a soft collar may be provided:

- To relieve acute neck pain and/or pins and needles in your hands.
- To allow muscles and ligaments to relax.
- To keep the neck in a good position.

When should a soft collar be worn?

- Collars should only be worn for a short period of time. The person prescribing the collar will tell you when to wear it.
- The collar should be removed regularly to allow you to perform neck movements exercises as directed by the prescriber (for example physiotherapist, GP).

- You are less likely to need your collar at times when you are resting.
- You are more likely to need the collar at times when pain and tension are at their worst, for example, ironing, working at a computer.

Do not wear your collar when driving without notifying your insurance company as the limitation to your neck movements may rule your car insurance invalid.

Washing instructions:

- Some collars have an outer cover, which can be removed for washing
- You can use stockinette or a scarf over the collar to help keep it clean.