

# Guidance on use of Miami J Collar for a STABLE spinal fracture



## Aim of the collar

To prevent too much bending forward and twisting of the neck, to allow injury to heal and reduce the risk of spinal injury.

## When to wear

To be worn at all times when not lying flat in bed, unless Doctor says otherwise.

**Do Not Throw Out Spare Pads**



## How to put on and off

1. Blue side of the pads should be against the skin, grey side against the plastic of the collar
2. Collar should be fitted lying down
3. Slide the back piece under the neck (arrow indicates which way up)
4. Scoop the front section up underneath the chin and jaw, pushing it upwards and backwards towards the ears
5. Check front section is central and fasten the blue Velcro straps to secure

## Cleaning and skin care

Pads should be changed and washed with mild soap and water then left to dry naturally. Collar should be removed at least once a day to check and clean skin. Collar to be worn in the shower or bath, pads can be changed after.

## Uncomfortable or sore?

Movement will be restricted, may be uncomfortable and claustrophobic initially but should pass.

If skin on chin becomes red or sore, try lying down or reclining in a chair to relieve the pressure. If it remains red and sore seek advice from Orthotics.

## Need more advice?

Refer to Orthotics – make a workbench request on Trakcare

## Does the patient have a leaflet?

Make sure the patient has been given the correct information leaflet before discharge.

## Useful videos

1. Miami j collar fitting stable with assistance



2. Miami J Collar Basic Collar Care and Fitting

