



How to remove the Miami J collar:

1. Lie down flat on your back (with no pillows), look at the ceiling and stay as still and relaxed as possible.
2. Your helper will undo the Velcro straps on both sides of the collar and lift the front section off.
3. Remove the back section by pressing the collar firmly into the bed and sliding it away to the opposite side.
4. Be careful to move the wearer's head and neck as little as possible.
5. Wash, dry (and shave) the wearers neck
6. Remove the blue soft liners and replace with the matching clean liner one pad at a time.

When should I contact my Orthotist?

- If you experience any changes to the feeling in your fingers or toes i.e. pins and needles.
- If a red pressure area develops on your skin (do not pad the area as it is likely to make the pressure worse).
- If you have any questions.

Contact details:

Prosthetic and Orthotic
Department
St Vincent's Hospital Melbourne
Bolte Wing
14 Nicholson Street
Fitzroy Victoria 3065
Telephone: (03) 9231 3837



PO Box 2900 Fitzroy
VIC 3065 Australia
(03) 9231 2211

www.svhm.org.au



Miami J Collar

Instructions for wearing your Miami J Collar



A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



What is a Miami J Collar?

A Miami J collar keeps your neck still and protects your spine after an injury.

When is a Miami J Collar used?

A Miami J collar is used following a neck injury, for example: ligamentous injuries, fractures or after surgery.

When should I wear my collar?

Wear your collar at all times. This includes when sleeping and showering (unless otherwise indicated by your doctor).

Showering:

Shower in your Miami J collar. After showering, lie down in bed and have an assistant remove the wet liners from the collar.

Then put fresh liners into the collar and refit using the steps below. Wash the dirty liners with soap and rinse thoroughly.

Sleeping:

When sleeping you can fold a towel under your head to keep your head

in line with your body from the collar.

Driving:

Driving while wearing a Miami J collar is extremely dangerous.

The collar prevents you from turning your head and thus limits your field of vision making driving unsafe. If you do, your insurance policy will not cover you.

Activities:

Avoid any lifting, bending and strenuous activities that could strain your neck.

Skin irritation:

Swap your collar liners daily to prevent skin irritation. You can lightly moisturise but do not use talcum powder.

Shaving:

Men will need assistance with shaving. The helper should carefully shave your neck while you are lying on your back, before refitting the collar.

Do not alter the orthosis yourself. Please contact your orthotist with any queries on (03) 9231 3837.

A helper is needed to remove and put on your Miami J collar. A second helper may be required to hold your head.

How to fit the Miami J collar:



1. Flatten the back of the collar. While pressing the collar into the bed; slide it through to the opposite side



2. Squeeze the front of the collar between your hands and slide it up towards the chin



3. Push the sides of the front section into their neck and place the back section of the collar so that it overlaps the front section on the sides. Fasten the straps firmly.

Note: Collar tightness is important

If your collar is too loose:

- It will not stabilise your neck.
- You are more likely to get rubbing on your neck

What to check for:

The chin should sit in the cupped section of the collar



The back section should sit centrally on the back



The ears should not be touching the collar



Tightness:

Hold the collar from the front hole and pull it away from the wearers' neck. If the collar is too loose it will come away from the neck.