

## WHAT TO CHECK FOR



The chin should sit in the cupped section of the collar.



Ears should be clear from edge of the collar.



The back section should sit centrally on the back.

## CONTACT DETAILS

### Prosthetic and Orthotic Department

St. Vincent's Hospital Melbourne, Bolte Wing

41 Victoria Parade, Fitzroy Victoria 3065

Telephone: (03) 9231 3837



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by  
You*

# Philadelphia Collar

Instructions for wearing a Philadelphia Collar

## WHAT IS A PHILADELPHIA COLLAR?

A Philadelphia collar keeps your neck still and protect your spine after an injury.

## WHEN SHOULD I WEAR MY COLLAR?

Wear your collar all the time. Wear it when you are sleeping and showering.

### Showering:

Wear your collar in the shower. When finished dry yourself, lie down in bed and have a helper remove the collar and dry your neck.

### Sleeping:

Fold a towel under your head when sleeping to keep your neck straight. Do not use a pillow.

### Driving:

Do not drive when your neck is injured. The collar stops you from turning your head and makes driving unsafe. If you do, your insurance policy will not cover you.

### Activities:

Do not lift anything over 2kg, try not to bend or do activities that could hurt your neck.

### Skin Irritation:

Wash your neck and the collar everyday. You can lightly moisturise but do not use talcum powder.

### Shaving:

Men will need help to shave. The helper will shave your neck after your shower while you are lying on your back, before refitting the collar.

### IF YOU:

- If there are any changes to the feeling in your fingers and toes i.e. pins and needles - contact your nearest Emergency Department.
- If a red pressure area is on your skin (do not pad the area as it is likely to make the pressure worse), contact your Orthotist.

*DO NOT ADJUST THE COLLAR.*

*PLEASE CALL YOUR ORTHOTIST WITH ANY QUESTIONS ON 9231 3837*

## YOU WILL NEED HELP TO CHANGE YOUR COLLAR

*Helper - person helping to change your collar*

*Wearer - person wearing the collar*

## HOW TO REMOVE YOUR PHILADELPHIA COLLAR:

1. Lie down on your back (with no pillows), look at the ceiling and stay very still.
2. Your helper will undo the Velcro straps on both sides of the collar and lift the front section off.
3. Your helper will remove the back section by pressing the collar firmly into the bed and sliding it away to the opposite side.  
**Do not move the wearer's head**
4. Wash, dry (and shave) the wearers neck

## HELPER - HOW TO FIT YOUR PHILADELPHIA COLLAR:



1. Flatten the back of the collar. Press the back into the bed; push it through to the opposite side.



2. Make sure the back collar is in the middle of your neck and not covering your ears.



3. Push the sides of the back collar into the wearers' neck and place the front of the collar **over** the back. Fasten straps firmly.

### If your collar is too loose:

- It will not control your neck.
- You are more likely to get rubbing under the collar
- You could feel hotter