

Miami J Cervical Collars

Lie on your back with both pieces of the collar within easy reach.

Slide the shorter part of the collar against the back of your neck and into position.

Place the front of the collar against your chest wall. Hold it against your neck. Your chin should rest snugly and be centered in the chin rest. The sides of the front piece of the collar should be pointed up toward your ears. The sides of the back piece will overlap the sides of the front.

Use the straps to attach the front and back pieces. The straps should be tight enough to prevent your neck from turning from side to side.

Make sure that no plastic is touching your skin.

Turn the Sternal Relief Dial to the right if you are having too much discomfort at the sternum with eating or talking.





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For Cleaning:

-Wash the pads and wipe the plastic shell with mild facial soap and water.

*Do NOT use bleach or harsh detergents

-Thoroughly rinse the pads with clean water.

-Wring out the excess water and squeeze in a towel.

-Lay the pads out flat to air dry.

*It should take the pads less than 60 minutes to dry.

-Attach the replacement pads.

-Fold the pads in half with the dull side out (the shiny side goes against the skin), and then center the pad in the white shell.

-Adjust pads as needed to make sure no plastic touches the skin.

**Make sure to keep the skin clean and dry.

**Keep the pads clean, dry and free of debris.

Contact Missoula Bone and Joint DME if:

- You are having increased back pain
 - You are having increased neck pain or a headache
 - The collar is too loose or too tight
 - Your hand or foot is numb, tingles, or is weak
 - You have redness or skin irritation from the brace
- You have concerns or questions about when to use your collar