

Using a soft collar

i Information for patients
Orthotics



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 invalidate your car insurance.

Washing instructions

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

Tell us what you think

Our team is always interested in your comments on the items provided and the service you receive.

Please feel free to phone or write to the manager if you wish to give us any feedback.

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