Comfort Philadelphia Collar

Indications:
- Controls unwanted cervical flexion/extension and rotation.
- Provides immobilization to promote spinal alignment.
- Aid in other spinal anomalies and post operative support.

Application:
- Follow all instructions carefully that were given to you by the fitting specialist and protocols set by your prescribing physician.

- Your collar should only be removed to wash your face and neck and to change/clean the liners, unless otherwise instructed by your fitting specialist or physician.

Removal:
1. To remove the collar, release the Velcro strap on one side of the collar and carefully remove the collar and set it aside.
2. Keeping your neck still and straight, gently wash and thoroughly dry your face and neck.
3. If necessary, clean brace with mild soap and water or alcohol and dry thoroughly.

Re-apply: (Facing a mirror if possible will help facilitate the re-application)
4. To re-apply the collar, place the front part of the collar with the chin portion on your neck.
5. While securely holding the front portion to your neck swing the back portion around the back of the neck and pull the Velcro strap forward until collar is snug and secure strap in place.

Any questions or problems:
- For any physical problems, call your prescribing physician.
- Call your fitting specialist for any problems associated with the collar.

Physician name & phone #: 

Fitting Specialists name & phone #: 

CLEANING & CARE

Cleaning:
1. Remove collar very carefully as directed in removal.
2. Hand wash with mild soap and water or alcohol.
3. Rinse thoroughly and towel or air dry. DO NOT USE HEAT.
4. Re-apply as directed on previous directive.

Note:
It is important for proper hygiene to ensure that the collar is kept clean and dry. The collar should be cleaned as needed. Do not use a wash machine, dryer, bleach, or harsh chemicals when cleaning the collar.

Special Instructions:

Measure chin to sternal notch.

<table>
<thead>
<tr>
<th>Size</th>
<th>Neck Circumference</th>
<th>2.25 in (5.75 cm) Chin to Sternal Notch</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>10 - 12 in (25.5 - 30.5 cm)</td>
<td>3.25 in (8.25 cm) Chin to Sternal Notch</td>
</tr>
<tr>
<td>M</td>
<td>13 - 15 in (33 - 38 cm)</td>
<td>4.25 in (10.75 cm) Chin to Sternal Notch</td>
</tr>
<tr>
<td>L</td>
<td>16 - 18 in (40.5 - 45.5 cm)</td>
<td>5.25 in (13.25 cm) Chin to Sternal Notch</td>
</tr>
</tbody>
</table>

1. Please select the correct size as the collar comes in different heights and circumferences. Apply collar piece “Back” to the back of patient’s neck. Height - measure bottom of chin to top of sternum.
2. Apply front half of collar with chin secured in recess. Center collar to ensure neutral alignment. Front half overlaps back half.
3. With the hook and loop fasteners, tighten collar with bi-lateral adjustments. Center collar with arrow pointing up.
4. Adjust if necessary.

PostureMed

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