### Benefits

**For the Fitter:**
- Simple to fit
- Easy adjustment using interchangeable tubes
- Longer tubes can be inserted to accommodate improved alignment
- All parts for the Collar are available as replacements

**For the Wearer and/or Caregiver:**
- A cool, comfortable collar
- Easy to put on and remove
- Low profile; unobtrusive appearance
- Easy to keep clean (soap and water)
- Amount of support set to wearer needs

### About Torticollis

**Congenital Muscular Torticollis** is usually discovered in the first 6 to 8 weeks of life. It is characterized by a contracture of the sternocleidomastoid muscle, causing the head to be laterally flexed to the affected side and rotated to the opposite shoulder. If uncorrected, this posture may lead to plagiocephaly and a high thoracic scoliosis.

**The TOT Collar™**

A loop of soft PVC tubing is bridged by two short nylon tubes. Varying sizes of tubes are packaged with the Collar. These tubes are positioned anterior and posterior to the crest of the trapezius. The PVC tubing is fastened with a connecting strap. A spare velcro strap is included. The TOT Collar™ is non-toxic and washable.

**Choosing the Correct Size**

- The Child size (TOT01) fits a 4 month to 10 year old child.
- The Adult size (TOT02) fits an average 10 year old to adult.

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**Fitting Instructions**

The Collar is pre-assembled and ready to fit. The clear PVC tubing is supplied at twice the circumference of the neck, plus 4"-6". It is joined with an end connector.

The white tubes or struts are selected according to the amount of lateral tilt of the head. Tube A spans from posterior to the crest of the trapezius to the occiput.

Tube B from anterior to the crest of the trapezius to below the tip of the mastoid process. Avoid pressure on the mandible.

The tubes are not to start with and replaced by longer tubes as correction is achieved.

If there is a significant amount of tilt then use very short tubes initially.

For correct fit, the infant should be holding his or her head in midline, slightly away from the struts, and there should be room for at least one adult finger to fit between the top clear PVC tubing and the neck.

Fit the Collar loosely at first and ensure that the lateral tubes are the correct length and on the correct side. Snug up the Collar by hand to check the fit.

**CAUTION:** Do not leave a child unattended while wearing this Collar!

Remove the Collar from the child. Pull through the clear PVC tubing to remove the excess. Trim this tubing to length with scissors and reconnect with the end connector. Replace the Collar after each trim to check the fit.

**Final Checks**

- Ensure the white tubes are in position relative to the crest of the trapezius
- Ensure the parent or caregiver can position the Collar correctly – mark the top of the Collar if required
- Check for redness where struts touch the neck
- The Collar may be covered with 2 inch stockinette or a knee high nylon to improve comfort

**Using the TOT Collar™**

- Place the Collar around the neck
- Position white tubes and connect the strap
- Check fit for undue pressure points
- Clean collar with soap & water regularly
- Remove the Collar when wearer is asleep

!!! Do not leave a child unattended while wearing this Collar

**Note:** Be careful not to cut off too much of the clear tubing. It cannot be reconnected if cut too short.

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