

# Instructions for wearing your **Breg Pinnacle Cervical Collar**



## YOUR COLLAR CARE INSTRUCTIONS

Your consultant requires you to wear a collar to support your cervical spine (neck).

### **Specific instructions that you must do AT ALL TIMES:**

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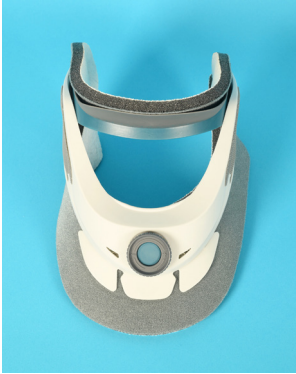
- Your collar must be worn at all times, day and night.
  - It is required when you are sitting up in bed, sitting out of bed and when standing or walking.
  - Your collar can only be removed by a trained carer/relative/health professional. You must be lying flat and have the assistance of preferably 2 people.
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*You must continue to follow these guidelines until told otherwise by your consultant.*

## THE PARTS OF YOUR COLLAR AND HOW THEY FIT TOGETHER

Your collar has a back section and a front section which fit together to stabilise your spine.

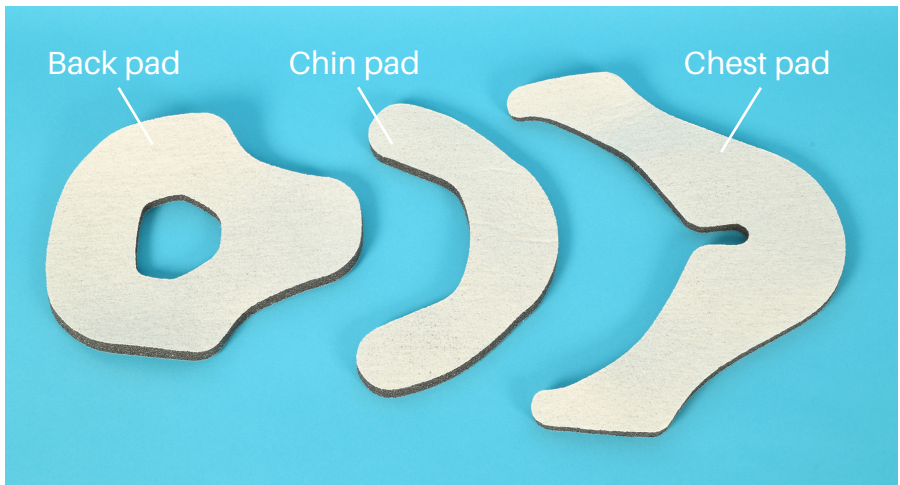
### Front Section



### Back Section



The collar has removable pads which stick to the Velcro sections on the plastic parts of the collar.



Collar pads will need to be regularly changed; it is important you are aware of how to do this.

## HOW TO PERFORM COLLAR PAD CHANGES

You will need assistance with this. You should lie flat on your back. Your neck needs to be in a neutral position, which is often without a pillow in place. You must keep your head completely still during this procedure, and not lift or turn your head. You may find it helpful to have someone else to stabilise your head - this technique is called a "head hold".

## HOW TO CARRY OUT A HEAD HOLD

A head hold helps support the spine and helps you to stay still while the collar pads are getting changed.



*Please discuss this with your therapist if you are unsure.*



## TAKING OFF THE COLLAR WHEN LYING FLAT

### Step 1

Undo the Velcro straps and remove the front of the collar from the back of the collar



### Step 2

Slide the back of the collar out from under the neck by pushing down on the mattress to slide the back portion out.



## PUTTING ON THE COLLAR LYING FLAT

### Step 1

Check the back of the collar and there is an arrow which indicates, which way up.

Make sure the back is centred evenly and the arrow is pointing upwards towards the top of the head.

Slide the back into place behind the neck (by pushing down into the mattress to avoid pushing the neck forwards or sideways).



## Step 2

Flare the sides of the front portion out and scoop it up under the chin.

### **DO NOT PUSH THE HEAD BACKWARDS.**

Curl the ends in to the patient's neck with the sides slightly directed up towards the ears. Fasten the Velcro straps one at a time making them equal. The collar must be centred under the chin and should be tight enough to prevent neck movement.



## Step 3

Fasten the Velcro straps one at a time making them equal. The collar must be centred under the chin and should be tight enough to prevent neck movement.



## HOW YOU CLEAN YOUR COLLAR

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- The plastic part of the collar can be wiped clean
  - Dirty collar pads need to be hand washed with water and a mild soap. Leave them to air dry then reuse.
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Check any carers/relatives are familiar with the instructions of collar removal and know which pad goes where on the collar before attempting any pad changes.

*Please discuss with ward or community nurses if you are unsure.*

## MOVING WITH YOUR COLLAR

### Getting in and out of bed

You will need to move out of bed by rolling on to your side and push up with your arms. You should reverse this technique to move from sitting into lying.

This causes less strain on the neck and spine and should be used at all times even if you are allowed to put your collar on in sitting.

### Sitting and activities in sitting

Your collar will prevent you from being able to move your neck and you may find it more difficult to carry out activities. Please discuss with your occupational therapist if you have any concerns.

### Moving into standing and walking

As your collar limits movement in your neck, you may find it more difficult to notice hazards. Before you stand up look around the room to make yourself aware of any potential hazards.

*Ensure you rotate your body, rather than trying to turn your neck within the collar.*



## Going up and down stairs

As your collar restricts your neck movement, you may find it is difficult to go up and down stairs, as you will not be able to look downwards.

Your therapist can show you a technique of 'feeling' for the step (using your foot), without this need for visual feedback. This will help you know if your feet are placed correctly on the stair treads.

*Please ask if you feel you require further advice on this.*

## WASHING AND DRESSING

Your collar needs to be kept on for getting washed and dressed.

Your collar should be kept as dry as possible during washing. You can wash around your collar. It is helpful to protect the collar from splashes of water by using a bin bag or towel.

You may find it easier to wash lying down and get some help from someone (e.g. washing areas of the body in contact with the collar). This may require an additional person to provide a head hold. Sometimes you can use a modified technique to wash your hair whilst lying flat.

Your occupational therapist can advise you on this and may give you some equipment to help you if you need it.

## HOUSEHOLD TASKS

You should not be carrying out any activities which involve any heavy lifting, pushing/pulling of objects.

The collar restricts your movement making some activities more difficult. You may need help from family or friends with some tasks to avoid causing further injury.

## DRIVING

**You must not drive** while wearing your collar as this will inhibit your ability to rotate your neck and see the road.

Any muscular weakness or sensory changes affecting your arms or legs may also impact on your ability to drive.

You must contact the DVLA to discuss this further and/or discuss with your consultant. You should also check with your insurance company before you return to driving.

### **Any decision about returning to driving must take into account:**

- Your recovery from injury
- Your pain relief medication as it may impair your ability to drive
- Physical restrictions due to your injury

**As a driver, it is your responsibility to make sure that you are in control of the vehicle at all times.**

**Tel: 0300 790 6806**

Driving and medical issues - Contact DVLA - GOV.UK ([www.gov.uk](http://www.gov.uk))

## RETURN TO WORK

Your type of work will impact on your ability to return to work with a collar on.

Return to work should be discussed with your consultant and your workplace.

If your injury has caused you work related difficulties, seek advice from your Occupational Health service.

## SPORT

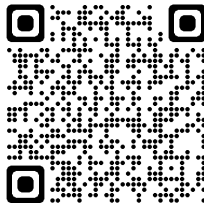
You should not take part in any active hobbies with a collar on. Your consultant will advise when you can return to activities when you do not require a collar, you can discuss this at your clinic appointment.

## QUESTIONS AND CONTACT NUMBERS

If while you are in hospital, or when you return home you think of any questions regarding your recovery; write them down and ask your health care team or take them to clinic with you when you next see your consultant.

### Contact Names and Telephone Numbers

My Consultant is:	Phone Number:
My Physiotherapist was:	Phone Number:
My Occupational therapist was:	Phone Number:





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