

# Miami-J Collar



## Care and Use Instructions

1. This orthosis is designed to keep you from bending (flexing) forward in the cervical spine area. By doing this it can help support an injury or surgery, or relieve pain due to stresses, strains or other problems of the neck area.
2. The orthosis works by supporting your jaw and cheeks to hold your neck
3. The orthosis should be worn as snug as you can tolerate. This way the orthosis will keep your head its straightest, thus better support. It will also keep the orthosis from shifting .
4. Remember, the collar cannot stop your neck from moving. It is used to reduce movement. It also serves as a reminder to change how you act and move. When you want to move your head, you move your entire body.
5. This orthosis can get damp with no major problems. It can be cleaned with soap and water. Be sure you are allowed to take the orthosis off, before cleaning it. Check with your physician to be sure this is an option for your case
6. If you have any questions or problems, do not hesitate to call your orthotist at Morgantown O & P Center at 1 (800) 598-6672.