Collar Fitting

- Assess your skin each day and check for redness
- Wash skin and make sure skin is dry before reapplying collar
- Do not use powder
- Change pads on alternate days (more frequently if damp or soiled)

Skin Care

- Wash pads in soap and water (only) and air dry
- Do not throw the pads away
- For more information please contact:

Orthotic Department 0141 347 8909

Orthotic Department patient information sheet

Collar Fitting

- Centre your chin comfortably in the chin piece
- No slack or gaps in the straps
- The large front and back openings are centred on the neck
- The sides fit with the back overlapping the front and running parallel to each other
- Velcro straps should line up symmetrically, blue on blue
- Make sure the arrow is pointing upwards
- Lock the buttons in position, the same position on the left and right sides
- Make sure the front pad lies flat on your chest
- Sides of the front of the collar should be moved up, off the upper back and not digging into the shoulder