

Miami J collar

The Miami J collar is a neck brace used to restrict motion of the head and neck.

How to put the collar on

The collar is always put on whilst lying down flat. If your child requires their head to be supported when not in the collar please support their head as you were shown by nursing staff.

- 1) Slide the back part of the collar behind the neck by pushing down against the bed and sliding it underneath the neck. Ensure it is symmetrical on the neck with the same amount of collar showing on either side.
- 2) To put the front of the collar on: flare the sides outwards and scoop the front part of the collar up underneath the chin without tilting or moving the head. Next, flex the sides up over the shoulders so that they contour to the side of the neck.
- 3) Ensure the front section of the collar is inside the back section and do the straps up firmly to ensure there is no movement of the head.
- 4) Once again, check that the collar is symmetrical and the straps are tightened equally.



Collar care

- Your child should shower or bathe with the collar on (unless otherwise instructed). Afterwards, remove the wet/soiled pads and replace them with the clean set. The pads on the Miami J collar should be cleaned and changed regularly.
- Your child should lie flat on their back while you change the pads. Remove the collar whilst supporting the head (if necessary) and remove the dirty pads one by one replacing them with the clean set of pads. Stick the clean pads onto the velcro with the shiny side against the skin. The pads must cover all edges of the plastic, if this is not the cast please adjust the pads accordingly.
- Clean the soiled pads by hand in mild soapy water and lay them flat to dry out. Do not put the pads in the washing machine or dryer and please ensure they are completely dry before they are worn again.

Caring for your skin

It is important that when the collar is removed to change the pads you thoroughly check the skin for red marks and pressure areas. If you notice a red mark which may cause the skin to break or blister, please contact the orthotics department directly.



Follow up

Your child must continue to wear the Miami J collar until they have been reviewed by orthopaedics and advised to discontinue use.

The orthopaedic department will make a follow up appointment for your child, however if you have any problems with the brace before then, please contact the orthotics department directly.

Orthotic Department: 6456 0411



Government of **Western Australia**
Child and Adolescent Health Service

**This document can be made available in alternative formats
on request for a person with a disability.**

Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009

Telephone: (08) 6456 2222

Produced by Orthotic Department

Ref: 811 © CAHS 2017

Disclaimer: This publication is for general education and information purposes.
Contact a qualified healthcare professional for any medical advice needed.
© State of Western Australia, Child and Adolescent Health Service