

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Addenbrooke's Hospital Outpatient Physiotherapy

Patient Information

Collar advice

Document history

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This leaflet has been designed to give you information and advice when wearing a collar.

- Wear this collar during the day / when you feel your pain / at night / as advised by your physiotherapist or doctor.
- The collar is worn with the "V" at the front and the Velcro strap at the back, unless otherwise advised by your physiotherapist.
- Remove the collar from time to time in the day to prevent your neck from becoming too stiff and weak.
- The collar should support your neck under the chin and at the back of your head, but should not be uncomfortable. It should not tip your head backwards.
- You are advised not to drive in the collar, as it may affect your field of vision and is not covered by your insurance policy.
- This collar can be washed by hand but is likely to lose some of its support. If a replacement is required this may be obtained from your surgery, physiotherapist or outpatient department.
- A scarf or handkerchief or Tubigauze can be used around the collar to prevent the need for frequent washing of the collar.
- This collar is flammable.

If your symptoms worsen, do not continue to use the collar and consult your doctor.

Pain relief

To help us optimise your treatment, it is important that you have adequate pain relief. If you are suffering high levels of pain please seek advice from your pharmacist or GP.

Further advice

Please be aware that this handout is to be used as a guide.

Contacts

Please contact our reception on 01223 216633 to leave a message for your physiotherapist, or to enquire about appointments.

This information has been compiled by the Physiotherapy team at Addenbrooke's Hospital. You may receive this information during an appointment with a physiotherapist, from your GP or via our website at www.cuh.org.uk/outpatient-physio