



## Wear & Care Instructions

# Adjustable Rigid Collar

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

Wipe plastic shell with damp cloth, you may use disinfectant or mild soap and wipe dry. For products with a removable liner, you may hand wash liner in warm water with mild soap, air dry, do not use high temperatures to wash or dry.

### Applying the Orthosis

Proper application of the collar is as important as proper sizing for immobilisation and patient comfort. The two-piece design consists of a front piece and back piece which are packaged as a set. Always maintain the patient's head in a neutral alignment. These directions are guidelines only; follow a qualified healthcare provider's instructions.

1. Apply the back piece of the collar to the back of the neck and center the collar.
2. Apply the front piece of the collar with the chin secured in the recess. Center the collar and ensure neutral alignment. The front piece overlaps the back piece to ensure effective immobilisation and comfort.
3. With hook and loop fasteners, tighten the collar with a bilateral adjustment. This will secure the patient's cervical region in a neutral alignment.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.

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