## Cervical Collar Use

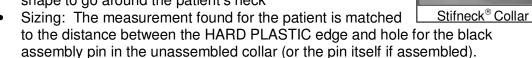
#### 1 General

- A A cervical collar alone does not provide cervical immobilization **Manual stabilization** with patient's head in neutral, eyes forward position is to be maintained till patient is fully immobilized on backboard with cervical immobilization device (CID) applied
- B Sizing
  - > Proper sizing is critical to the well being of the patient. If incorrectly sized, additional injury may result. Collar should fit "snug" to patient's chin/neck, not allowing or causing head/neck movement
    - DO NOT FORCE INTO POSITION DO NOT TIP HEAD BACK
  - > The collar "fits" under the chin providing support between the clavicle and the jaw bone.
    - Maintain manual stabilization. Align patient's head in a neutral, eyes forward position
    - Measure by placing your fingers next to patient's neck and visualizing the number of fingers required to span between the top of the shoulder and the jaw bone.
      - Use this measurement to select the proper sized collar.
- C Types/brands
  - Stifneck® (One piece, Rigid Extrication Collar hard plastic)
  - > Other varieties/brands exist. Practice using and sizing those in your work location.

# 2 Stifneck®

#### A General

- Collar is provided flat, must be assembled and pre-formed prior to use.
- Original design Stifneck®collar
  - One piece, individually sized, wraps around patient's neck and fastens with Velcro® strap.
  - Assembly: Insert "Black Assembly Post" into hole, forming the chin support for the collar. Pre-form by manually shaping the sides and back of the collar into a curved shape to go around the patient's neck





- One piece, adjusts to various sizes, wraps around patient's neck and fastens with Velcro® strap.
- Assembly: Adjust the chin support to patient measurement. Pre-form by manually shaping the sides and back of the collar into a curved shape
- Sizing: The measurement found for the patient is matched to the distance between the HARD PLASTIC edge and size-indicator window. Lock by pressing in both lock tabs.

### B Application

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- Seated/Standing patient
  - Place open collar against patient's chest and slide up into position
  - Place chin support well under chin. Should be snug fit without gaps between collar and chin or chest. If incorrect size, remove/resize/redo
  - While holding front in position, snug back of collar around neck and fasten.
- Supine patient
  - Slide rear of collar around neck before placing chin support in place. Snug, Check fit, fasten. If incorrect size, remove/resize/redo