

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
 - Sizing: The measurement found for the patient is matched to the distance between the HARD PLASTIC edge and hole for the black assembly pin in the unassembled collar (or the pin itself if assembled).
 - Adjustable Stifneck® collar
 - 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
 - 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



Stifneck® Collar