

# Review Procedure



Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.



**Orthotic Department Tel:** \_\_\_\_\_

Information for Patients

## Vista Aspen Collar



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### What are Vista collars?

- A Vista collar has a front and back section. The front is adjustable for a comfortable fit.
- The Vista collar fastens at both sides with Hook and Loop fastening.
- The front section is shaped to fit under the chin. The back section sits on the back of the head and bottom of the neck.
- Your collar should be fastened firmly enough for comfort but must not be too slack to allow your head to move freely or your chin to slip inside.

### Reasons why a Vista collar may be provided:

- To reduce movement and support your neck to allow healing.
- To reduce severe pain and support your neck in conditions such as rheumatoid arthritis. You may need to use the collar long term if you are unable to have surgery.

### When should a Vista collar be worn?

- The person prescribing the collar will tell you when to wear it and for how long.
- If you are allowed to remove the collar to perform neck movements/exercises your physiotherapist will advise you what to do. They will also advise if you are allowed to adjust the front depth yourself.
- If the collar has been prescribed following a fracture you may be instructed to wear it all the time until your neck has healed. You need to check with the referrer about cleaning your skin.

- If you have a condition like rheumatoid arthritis you may only need to wear the collar at certain times to protect your neck, such as when traveling in a car.
- If you are wearing your collar at night it will be necessary to adjust your pillows to keep your neck straight and comfortable so that you do not develop pressure sores.

**Do not wear your collar when driving as the limitation to your neck movements may rule your car insurance invalid.**

### Washing instructions:

- The plastic sections can be wiped with a damp cloth.
- The foam lining can be removed and hand washed. Allow it to air-dry. Spare linings are available if you will be wearing the collar for a long time. Contact the orthotic department.

The orthosis supplied is considered the most appropriate for you and your condition. You may discuss alternative orthoses with the Orthotist.

