



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# A Guide to your Soft Collar

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## Patient Information

## Surgical Appliances

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## What are soft collars?

Soft collars are made of a sponge material with a fabric cover.

They come in a variety of lengths and depths to allow for a comfortable and accurate fit.

## What are soft collars prescribed for?

Soft collars are prescribed for a number of reasons, including:

- To relieve acute neck pain and/or pins and needles.
- To allow muscles and ligaments to relax.
- To support the neck as much as possible.

## Putting on the soft collar

- The edge with the dip fits under the chin.
- Most collars fasten at the back with Velcro. If you have problems fastening your collar, there may be one with a more suitable fastening – please ask.
- Your collar should be fastened firmly enough for comfort, but must not be too slack, and must not allow the head to move too freely or allow the chin to slip inside.
- Soft collars will not stop all neck movement but will help to remind you not to do some movements.

## When should a soft collar be worn?

- Collars can provide support for your neck and could be worn if you are experiencing an increase in neck pain, or when doing activities that lead to neck pain.
- It is important to only wear the collar for short periods periodically throughout the day, to allow you to perform neck movements/exercises as directed by the prescriber (for example Physiotherapist/Orthotist)
- You are less likely to need your collar at times when you are resting.

## Care of the soft collar

It is important that the soft collar is kept clean and in good working order.

- Some collars have an outer cover, which can be removed for washing.
- You can use stockinette (a soft stretch fabric) or a scarf over the collar to help keep it clean

**Do not wear your collar when driving without notifying your insurance company, as the limitation to your neck movements may invalidate your car insurance.**

## Contact details

### **Orthotics Department:**

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