Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

A Guide to your Soft Collar

Version number: **1**
Last modified date: **12th November 2026**

Patient Information

Surgical Appliances

- Author ID: AB
- Leaflet Ref: CM 339
- Date Produced: November 2024
- Expiry Date: November 2026

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:

Aspull Health and Wellbeing Centre,

Oakfield Crescent,

Aspull,

Wigan,

WN2 1XJ

Telephone: 0300 707 1229 / 4055 / 6220.

Monday to Friday, 8:00am – 4:00pm



Version number: **1**
Last modified date: **12th November 2026**

All rights reserved © 2026
WWL Teaching Hospitals NHS Foundation Trust