

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
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Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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A Guide to your Soft Collar

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wvl.nhs.uk/patient-information-leaflets> or scan the QR code.



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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

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