

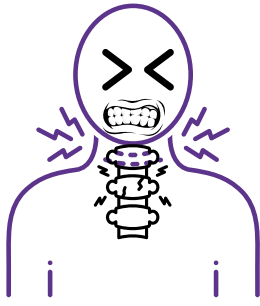
Miami J (MJ) CERVICAL COLLAR

WHY?

The collar keeps the neck still to help bone heal.



Bones take up to 12 weeks to heal.



Collar

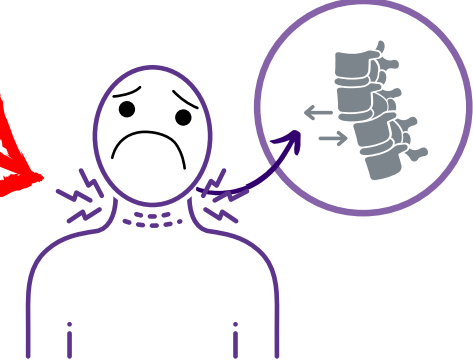


12 Weeks



No Collar or

Removing the Collar Early



Dos with a Cervical Collar



Eat Well

DO NOT

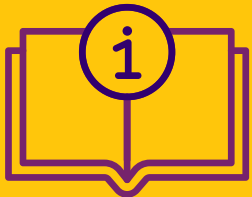


NO DRIVING



Avoid Motrin (Ibuprofen) and Alleve (Naproxen)
Avoid Aspirin (unless needed for heart disease or to prevent stroke)
These medications can stop bone healing

Proper Fit and Care



UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Your Cervical Collar
Self-care at home

[CLICK HERE](#)



Video



[CARE](#)



[CARE](#)



What if

- Soreness or irritation under the collar
- New or worse discomfort or pain
- New weakness
- New numbness or tingling
- Collar is not fitting well

?Any Questions?



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Neurosurgery
and
Orthopedics**
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