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ASPEN VISTA CERVICAL ORTHOSIS
USE AND CARE INSTRUCTIONS

An Aspen Vista Cervical Orthosis (collar) is a specialized device used to limit motion in your cervical spine (neck).

HOW TO USE YOUR ASPEN VISTA CERVICAL ORTHOSIS

- There are two sections to the Vista collar, occipital (back) and mandibular (front). They are held together with Velcro straps.
- Place the front section up under your chin and jaw line. Your chin should not feel like it will slip down inside the collar. Place the back section behind your neck and fasten the velcro tabs to the front piece. The collar should be symmetrical on your neck. Dial up the height of the collar by pulling outward on the dial and turning clockwise. Stop when it becomes difficult to turn the dial further, and the foam pad on the chin piece starts to compress.
- For some people an additional strap to hold the front section in place is used. This allows both hands free to put on the back section.
- You will need to monitor your skin to check for indications of excess pressure. If your physician has given permission for you to remove your collar anytime during the day you should look for areas of reddened skin. Any redness that does not fade after 20 minutes should be monitored carefully. Contact your orthotist if you have any concerns with the fit or use of your Vista collar. A minor adjustment might be needed to ensure a good fit. If you can not remove your collar but believe there is a problem contact your orthotist.
- Your physician's instructions on the use of your Aspen collar should supersede those given by the orthotist.

HOW TO CARE FOR YOUR ASPEN CERVICAL COLLAR

- The cloth liners should be washed regularly or as needed, when you are able to remove your collar.
- Hand wash the liners in cool water with a mild laundry soap. They should be rinsed well to remove all soap residue then line dried.

Schedule an appointment at our office if any problems with your Vista collar occur.