

Wearing Aspen Collar



1

Step 1:

Do not use a pillow. With the head in neutral alignment, press the back panel down onto the bed and slide it behind the patient's neck.



2

Step 2:

Ensure that the back panel is in the middle of the neck and both straps are exposed.



3

Step 3:

The front panel should be at the lowest setting to begin. It is OK if the chin piece is not touching the chin.

4



Step 4:

Position the sides of the front panel up and over the shoulders. Strap down both straps for a good fit.

5



Step 5:

While holding the collar against the chest, pull out the dial (unlock) and turn the dial clockwise to raise the chin piece. When the chin piece is supporting the chin, release the dial and it will self-lock.

Images source: [Http://youtu.be/p_34bSJ9utQ?si=trJxjiilP8aXLuiu](http://youtu.be/p_34bSJ9utQ?si=trJxjiilP8aXLuiu)

***Disclaimer:** The brochure serves as a reference. Kindly check back with your Physiotherapist/ Doctor if you have any further questions.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

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