



## MIAMI J<sup>®</sup> SELECT

Comfort to compliance

Patient Guide

## MIAMI J<sup>®</sup> SELECT

The Miami J Select cervical collar by Össur offers the comfort, immobilization and quality you expect during recovery. Featuring quick-dry Sorbatex™ padding that is anti-microbial to help prevent bacterial build-up and easy-to-use blue patient touch-points, the Miami J Select is designed to support your successful outcome.

### Fitting Instructions

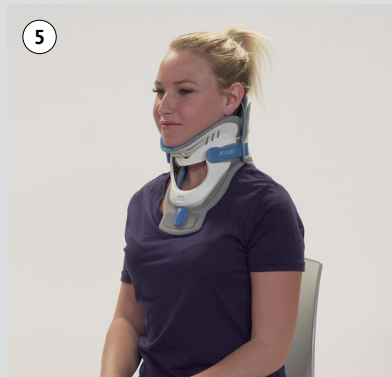
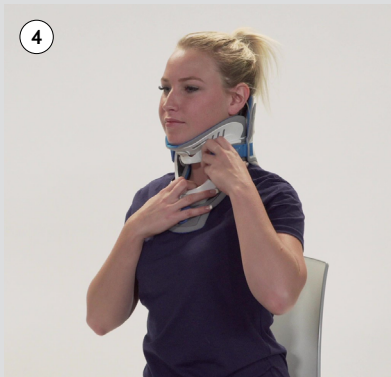
1. Open a blue strap on one side of the collar. While holding the front of the collar with one hand, and the blue strap with the other hand, place the collar at the neck so that it is centered in the middle.
2. Push the collar up toward the chin, making sure that the collar is centered with the tip of the chin.
3. The hand that holds the blue strap moves around the head so that the collar back attaches itself accordingly.
4. Secure the blue strap to the front of the collar, making sure that it is centered along the grey hook. Confirm that both blue straps are secured evenly.
5. Check that both the collar front and collar back are

centered to your midline, and that your chin is resting comfortably in the chin tray.

6. If additional comfort during eating or sitting up is desired, turn the blue sternal dial clockwise (your left) to the horizontal position.

### NOTE:

It is important that the collar is fit correctly to ensure adequate support and optimal comfort. These instructions do not supersede hospital protocol and/or direct orders of a patient's physician. Consult your physician before removing a cervical collar on your own, and for instructions on the proper position based on your injury.



## Removing Instructions

- Open the blue strap on one side of the brace with one hand supporting the front
- The hand that has opened the collar can now remove it over the shoulder
- Close the strap accordingly for safe-keeping.



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## Care Instructions



- The padding can be removed for cleaning every 12-24 hours if a replacement pad set is available
- Hand wash in warm water (30 °C) with mild detergent
- Rinse thoroughly
- Air dry flat
- The plastic parts can be wiped clean with a damp cloth and mild soap
- Re-attach pads with grey side to the collar and blue side to the skin
- Do not machine wash
- Do not tumble dry

View the patient fitting video at  
[www.ossur.com/miami-j-select](http://www.ossur.com/miami-j-select)

