

## ADDITIONAL INSTRUCTIONS

If your child experiences sudden neck or back pain, numbness or tingling, contact your doctor.

Doctor's Name/Number: \_\_\_\_\_

If you have any problems or questions about the use and care of the brace, please contact your child's doctor or orthotic professional.

Orthotist Name/Number: \_\_\_\_\_

These instructions do not supercede hospital protocol and/or direct orders of child's physician.

## FOLLOW-UP

Time: \_\_\_\_\_ Location: \_\_\_\_\_

**address** Ossur Americas  
Trauma & Spine  
1414 Metropolitan Avenue  
Paulsboro, New Jersey 08066

**tel** 800 257 8440  
**fax** 856 848 0531

**email** spine@ossur.com

**web** www.ossur.com



*Life Without Limitations*®

## SIZING & APPLICATION INSTRUCTIONS

# Miami Jr.®

## PATIENT HANDBOOK

The Miami Jr.® collar is specifically designed for kids: our smallest, most important patients. These collars are engineered to meet the unique anatomical needs of children during the growth transition from birth to adolescence. For infants (0 - 3 mos.) Ossur offers the Papoose infant spinal immobilizer. For adolescents (over 12 years of age) and adults, Ossur offers the Miami J® collar. Please contact Ossur for more information about these distinctive collars.

Caution: Federal law restricts this device to sale by or on the order of a physician .

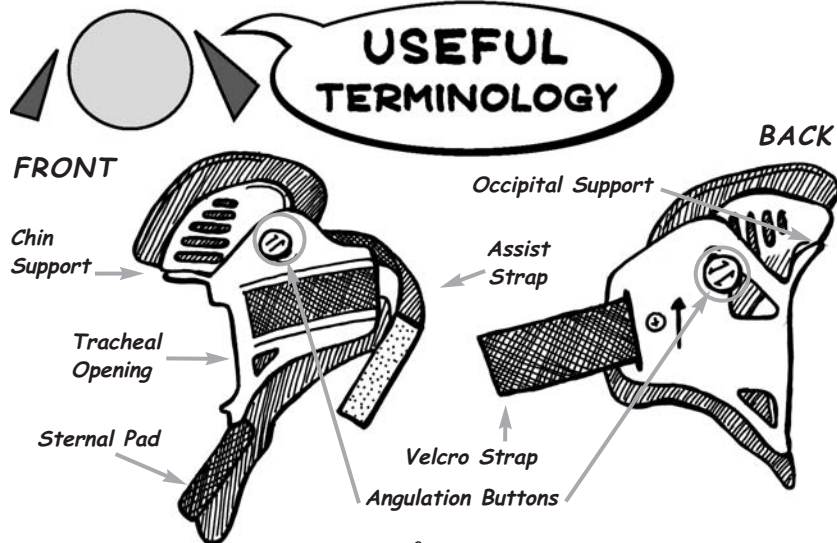


# INTRODUCTION

Your child's doctor has determined that wearing a Miami Jr.® collar will aid in rehabilitation by maintaining your child's neck in the proper position while healing. You will need to help your child understand that, although not being able to turn or shake his or her head "yes" or "no" may seem unusual, limiting neck motion is an important part of his or her treatment.

This pamphlet will explain the things you and your child's caregivers should do to help your child properly use and care for the Miami Jr.® or the Papoose® in the hospital or at home.

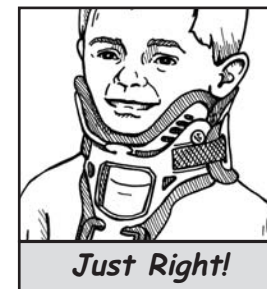
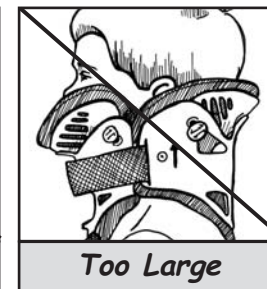
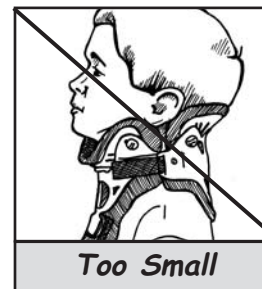
You can help your child's healing process by following the nurse and doctor's instructions and the guidelines in this pamphlet.

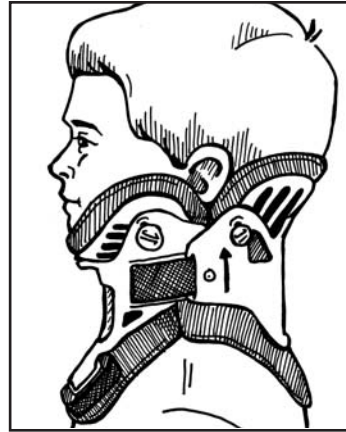
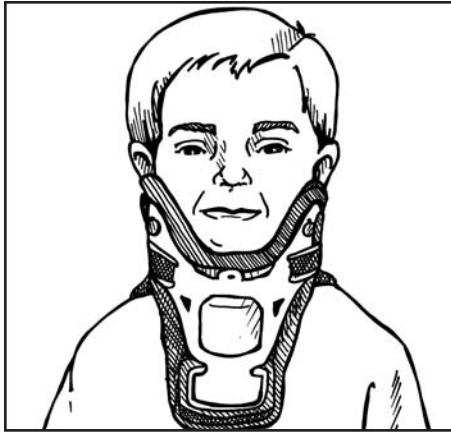


# TROUBLESHOOTING

An improperly applied Miami Jr.® will look like the bottom illustrations:

Problem	Solution
Lower edge of collar digging into clavicle or trapezius.	Re-fit anterior half of the collar and direct sides up toward the ears. Align Velcro® straps "blue-on-blue".
Collar fit too closely / tightly against the neck.	Size "up" to the next taller size.
Assist Strap is in the way.	Remove it.
Pressure or redness on chin or occiput.	Remove pillows from behind patient's head. Check that Angulation Buttons are properly set and that routine skin care is being performed.
Chin slips in collar.	Snug it up!
Running out of Velcro when securing the collar.	Check size. Either the circumference is too large or the collar is too short.
Patient complaining of chewing and swallowing problems.	Remove Sternal Pad during meals.
Other problems, questions, or concerns?	Contact Ossur Customer Service: 1-800-257-8440 <a href="http://www.ossur.com">www.ossur.com</a>





## FINAL CHECKLIST

*A properly applied Miami Jr.® will look like the above illustrations:*

- |   |   |
|---|---|
| ✓ | Collar extends from jaw to just below sternal notch.  |
| ✓ | Chin is centered comfortably in the chin piece. Chin should not extend over edge of Sorbatex™ pad, nor fall inside collar.        |
| ✓ | Velcro straps oriented blue-on-blue, both the same length.  |
| ✓ | Sides of the Back should overlap sides of the Front.  |
| ✓ | Front of collar angled up toward ears. Lower plastic edge should not be resting on patient's clavicles nor digging into shoulder. |
| ✓ | No plastic touching skin. Blue Sorbatex™ pads extend beyond all plastic edges.  |
| ✓ | No slack or gaps in any of the straps.  |
| ✓ | The large front/back openings are centered on the neck.   |

Sizing and applying the Miami Jr.® Collar is as simple as:



## SIZE IT UP!

**SIMPLE SIZING FOR KIDS**



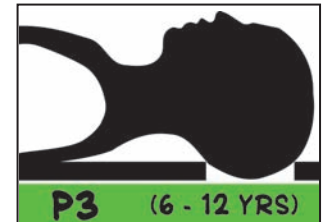
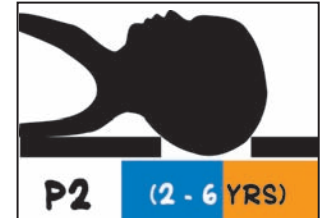
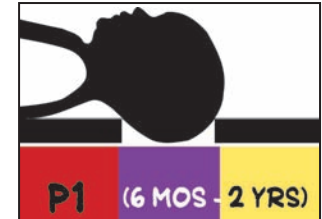
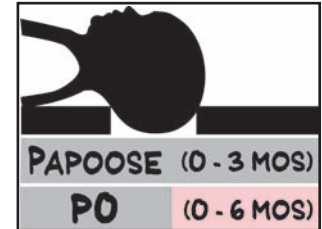
Papoose® is sized to fit Broselow Gray infants (birth to three months).

Choosing the proper size Miami Jr.® Collar is easy. Simply select collar size based upon:

**Broselow-Luten color-code or Age.**

### SIZING TIPS:

- If you are deciding between two consecutive sizes, try the smaller size first.
- Use the largest size that fits comfortably and maintains desired treatment positioning.



# C-SPINE PRECAUTIONS

At least two people are needed for initial collar placement: one to maintain the child's head, neck and airway in proper alignment and the second to fit the collar.

C-spine precautions should also be used during routine collar care.

Remove any pillows from behind the child's head!

**1** Position child with arms to the side, shoulders down and head aligned centrally (nose over belly button).

Elevate child's thorax to bring c-spine and airway into proper anatomical alignment:

**2** Carefully log roll the child to the side and place the Occian™ AirWay PAD™ or a bolster under the child extending from the top of the shoulders to base of the spine.

# COLLAR CLEANING

Call Ossur Customer Service (1-800-257-8440) to purchase extra pads.

**1** Peel the soiled, blue pads off Velcro attachment. Look carefully at the shape as you remove them so that you can reposition the clean pads properly.

**2** Wash pads with mild facial soap and water. **DO NOT** use bleach or harsh detergents. Thoroughly rinse pads with clean water. Wring out excess water and squeeze pads in a towel. Lay pads out flat to air dry. It should take less than 60 minutes for them to dry.

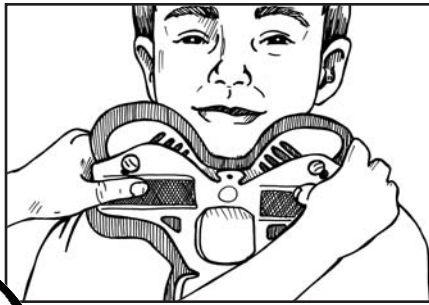
**3** Wipe white plastic collar shell clean with mild soap and water.

**4** Attach new pads. Fold pads in half with dull side out next to the Velcro (shiny side goes against skin); then center pad in the white shell.

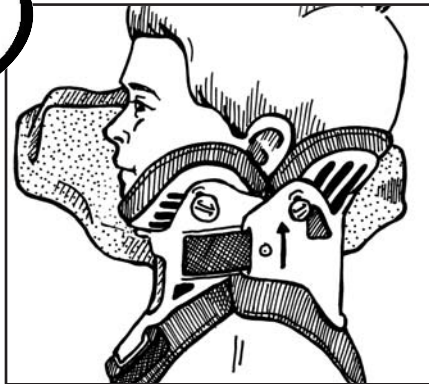
Adjust pads as needed to make sure no plastic touches the skin.



**0** Replace collar Front by sliding it up the chest wall and **scooping it up!** under the child's chin.

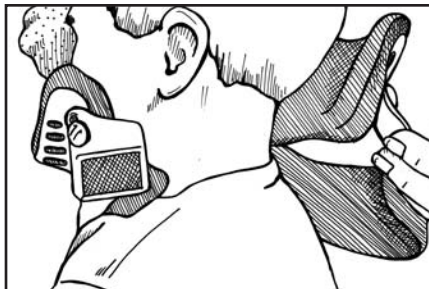


Place a small pillow or folded towel under child's cheek to prevent the head from tilting sideways.



**8** Gently roll the patient onto his/her side.

**9** Undo the Velcro strap on the top side of the collar and fold the Back down to clean and check the back of the child's head for redness or irritation.



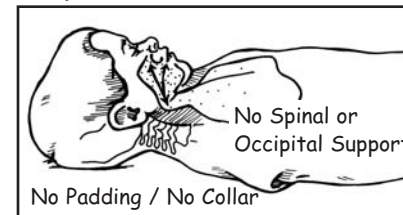
Make sure the Back collar is replaced and securely re-fastened after skin check.

Use our Occian AirWay PAD

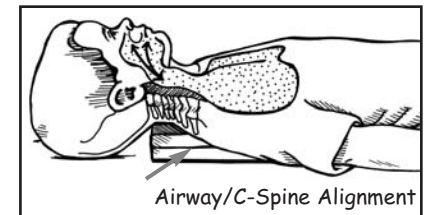
- Bolster should be made from any suitably padded material (i.e. blankets, sheets).
- Padding must be of an appropriate height to offset the occipital prominence.
- Call Ossur at 1-800-257-8440 for information on the Occian AirWay PAD.

To prevent pressure on the child's chin or occiput and to maintain appropriate airway and c-spine alignment, thoracic padding should be maintained whenever the child is lying down, for the duration he or she is in the collar.

**Compromised Airflow**



**Unrestricted Airflow**



After placement of padding, the second caregiver can apply the back portion of the collar symmetrically under child's neck before log rolling the child into position.

# SCOOP IT UP!

## MIAMI JR.® APPLICATION

### HOSPITAL SETTING:

*Optional for P2 & P3 collars:* Attach the Assist Strap to the Front Piece of the collar. The Assist Strap can act like an extra pair of hands to hold the Front Piece in place when applying the collar to a sitting child.



Keep Assist Strap with child's belongings in case collar is prescribed for long-term or at-home use.



The function of the Assist Strap is primarily to assist in independent application.

3

Slide the Back Piece behind the child's neck and center it or logroll the child and place the Back.

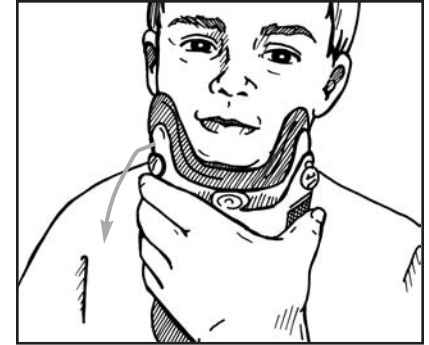
Make sure that the blue Sorbatex™ padding does not fold away from the edge of the plastic.

Long hair should be placed outside the collar.



3

Remove collar Front. If present, unfasten the elastic Assist Strap that goes around the back of the neck.



4

Clean the Front and Back of collar and replace the soiled pads with clean ones as directed in "Collar Cleaning" section.

5

Wash front of neck with mild facial soap and water and completely dry the skin. Observe for any redness or irritation under the collar, especially over bony areas like the chin, clavicles or occiput (back of head).



6

Slide the Back carefully behind the child's neck. Make sure it is centered evenly.



## ROUTINE COLLAR CARE

Keeping your child's Miami Jr.® or Papoose® and the skin beneath clean is an important part of treatment. Daily cleaning will help to prevent skin irritation. Cleaning the collar will require at least one set of replacement pads.

While at home, your child should shower or bathe with the collar on. After bathing, you will need to remove the collar to wash his/her neck and change the pads.

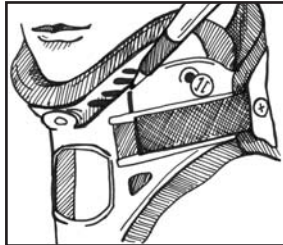
**Unless otherwise specified by your child's doctor:**  
Do not remove the collar except to wash under it and change the pads.

## COLLAR REMOVAL & SKIN CARE

Your child must be lying down in proper anatomical (airway and c-spine) alignment to remove the collar, unless your doctor gives you permission to do this in a sitting position.

1

Before removing the collar, note or mark with a pen where the ends of the velcro straps are. When the collar is replaced, the straps should be returned to the same position.



2

Undo the Velcro straps. Remove the Back of the collar, sliding out from under neck if necessary.



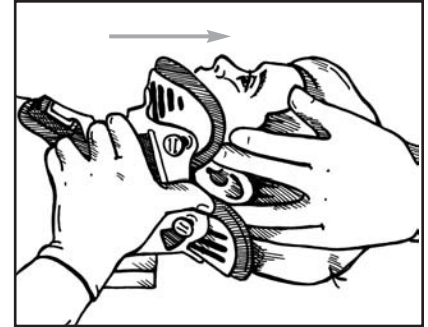
4

Flare sides of the Front out, slide it up the chest and **scoop it up** under the chin.



5

Sides of the Front should be oriented up, off the shoulder and toward the ears.



## SNUG IT UP!

### MIAMI JR.® APPLICATION

6

While holding the Front securely, curl the ends snugly against child's neck. Apply the Velcro strap and secure the opposite side of the collar in the same fashion. Tighten straps alternately, one at a time, to an equal length on both sides.

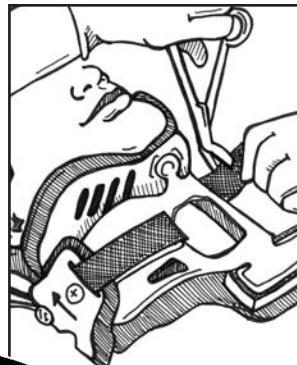


Place the Front of the collar inside the Back.



7

Velcro straps must be aligned symmetrically and oriented "blue-on-blue" to the Front adhesive sections. When the collar is properly fit, there should be equal amounts of excess Velcro over-hanging the Front blue adhesive sections. These may be trimmed.



Collar application must be secure to ensure proper fit, maintain alignment, and to prevent the chin from slipping inside. If the child can slip his/her chin inside the collar, it is a clear indication that it is not snug enough. It is nearly impossible to fit a properly sized collar too tight.

## FINAL ADJUSTMENTS

**ANGULATION BUTTONS:** used to fine-tune the fit of the collar for better anatomical conformity, pressure distribution and comfort. Minor adjustments in angulation of the Chin and Occipital Support can significantly reduce pressure areas at these critical contact points.

It is easier to adjust the Angulation Buttons if you first remove the collar.



## CHIN SUPPORT POSITIONING GUIDELINES:

UNLOCK



POSITION



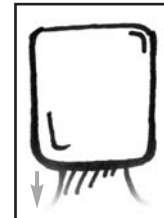
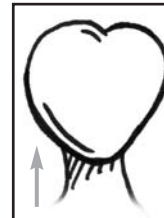
LOCK



For a heart-shape face, set the Chin Support Buttons to top position.

For a square shape face, set the Chin Support Buttons to down position.

- Slide up to relieve chin tip pressure or discomfort.
- Slide down to relieve jaw / mandibular pressure or discomfort.



## OCCIPUT SUPPORT POSITIONING GUIDELINES:

- Slide up to relieve occipital pressure or discomfort.
- Slide down to enhance extension control.

## STERNAL PAD



The Miami Jr.® (sizes P1, P2 & P3 only) includes a removable sternal pad to distribute ambulatory pressure. It may be removed if child's anatomy dictates, for comfort during sleep and/or during meals to ease chewing and swallowing.

Please keep sternal pad with child's belongings in case collar is prescribed for long-term or at-home use.