

EN Instructions for use



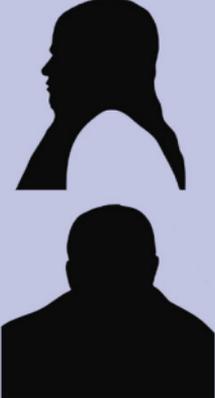
**MIAMI J<sup>®</sup>**  
Sizing & Application Instructions



*Life Without Limitations<sup>®</sup>*

## SPECIALITY SIZES: <30% of Population

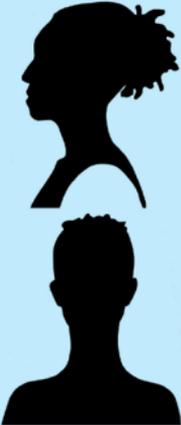
*A specific anatomical indicator best characterizes each of these collar sizes:*

<b>200S</b> Super Short/Kyphotic	<b>200L</b> Stout	<b>250</b> XS
<p><b>1</b> Does your patient have a kyphotic (chin-on-chest) neck?</p>  <ul style="list-style-type: none"><li>• Kyphotic</li><li>• Chin-on-chest</li><li>• Geriatric</li><li>• Osteoporitic and/or ankylosing spondylitic</li></ul>	<p><b>2</b> Does your patient have a very large neck circumference?</p>  <ul style="list-style-type: none"><li>• Very large circumference</li><li>• Obese</li><li>• “No-neck”</li><li>• Massive shoulders</li></ul>	<p><b>3</b> Does your patient have a very short, thin neck?</p>  <ul style="list-style-type: none"><li>• Very short thin neck</li><li>• Principally female</li><li>• More prevalent in the Asian population</li><li>• Rare</li></ul>

## SIMPLE SIZING

### STANDARD SIZES: >70% of Population

*A specific anatomical indicator best characterizes each of these collar sizes:*

<b>500</b> Tall	<b>400</b> Regular	<b>300</b> Short
<b>4</b> Does your patient have a long tall neck?	<b>5</b> Is your patient female?	<b>6</b> All other adults.
		
<ul style="list-style-type: none"><li>• Long, tall neck</li><li>• “Swan neck”</li><li>• Young women</li><li>• Adolescents</li></ul>	<ul style="list-style-type: none"><li>• Female</li><li>• Standard size for mature women</li><li>• Thin, mature men</li></ul>	<ul style="list-style-type: none"><li>• Standard size for adult men</li><li>• Short-necked women</li></ul>

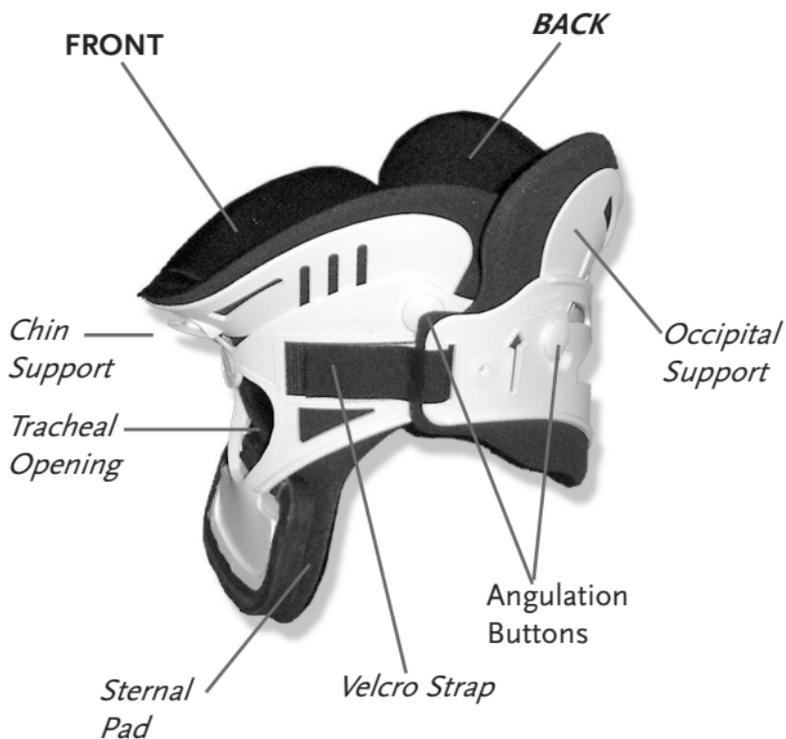


*Proper sizing is critical to achieving comfort and proper immobilization.*

# INTRODUCTION:

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## *Useful Terminology*



## SIZE IT UP!

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### *The Miami J® Simple Sizing Questions*

The Miami J® collar sizes are phenotype-driven. By identifying your patient's phenotype according to the Sizing Silhouettes & Simple Sizing Questions, you may quickly determine the appropriate collar size.

- 1** *Identify phenotype based on patient characteristics.*      **2** *Easily select appropriate collar size.*



*Collar size is best determined by observing the vertical distance between the highest point of the trapezius and the top of the chin when the head is in the desired treatment alignment.*

### **QUICK SIZE CHECK:**

*(Optional Alternative)*

Use your fingers to measure the vertical chin-to shoulder distance.

On the collar, this measurement corresponds to the distance from the top of the velcro strap to the bottom edge of the collar plastic.





## **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 position.
- To insure proper sizing, it is a good idea to fit operative patients prior to surgery.
  - Collar size may be incorrectly identified in the presence of post-operative dressings and swelling.
- Miami J® Fronts and Backs are interchangeable; However, this is rarely necessary.
  - e.g., To accommodate a larger neck circumference with use of the 200S (Super Short), the Back of the 200L (Stout) size may be substituted.

## **Is your patient a child (12 years or under?)**

*Refer to Miami Jr.® Sizing and Application Instructions.*

For your smallest, most important patients, Össur offers the Miami Jr.® pediatric collar line. These collars are specifically engineered to meet the unique anatomical needs of children during the growth transition from birth to adolescence. Please contact Össur for more information about these distinctive collars.



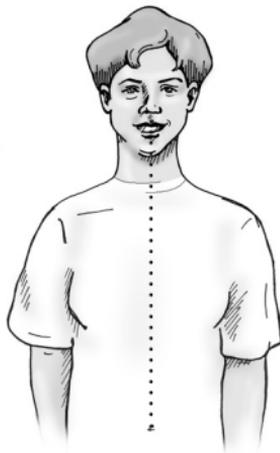
# SCOOP IT UP!

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## *Application Instructions (Supine)*

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

- 1** Remove any pillows from behind the patient's head. Position patient with arms to the side, shoulders down and head centrally aligned.



- 2** Slide the Back Piece behind the patient's neck and center it.



***Ensure the blue Sorbatex™ padding extends beyond the edge of the plastic.***

## SCOOP IT UP! (cont 'd)

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### *Application Instructions (Supine)*



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

- 4** Sides of the collar Front should be oriented up, off the trapezius, and toward the ears.



- 5** While holding the Front securely, curl the ends snugly against the patient'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 collar inside the Back.*

## SNUG IT UP! (cont 'd)

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### *Application Instructions (Supine)*



- 6** Velcro straps must be aligned symmetrically and oriented “blue-on-blue” to the Front adhesive sections. When the patient is properly fit, there should be equal amounts of excess velcro overhanging the Front blue adhesive sections. These may be trimmed.

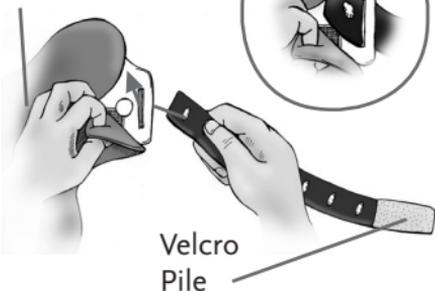
***Collar application must be secure to ensure proper fit, maintain alignment, and to prevent the chin from slipping inside. If the patient can slip his/her chin inside the collar, it is clear indication that it is not snug enough. It is nearly impossible to fit a properly sized collar too tight.***

## **UPRIGHT APPLICATION:**

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To fit the collar to a sitting or standing patient, follow the instructions for supine application except apply the Front first with the Assist Strap.

Inside of  
Collar Front



Attach the Assist  
Strap

***Whenever possible, fit the collar to a sitting or standing patient.***

## UPRIGHT APPLICATION: (cont 'd)

### *Assist Strap:*

Bring the Assist Strap around the back of the neck and attach the white portion loosely to the blue velcro section on the opposite side of the collar.



### *“What is that extra strap for?”*

A unique feature of the Miami J® Collar is the optional Assist Strap. This elasticized strap may be attached to the Front of the collar. *The main purpose of this strap is to free the hands of the person applying the collar, and it does not need to be tight.*

- It assists the patient in applying the collar independently, at home.
- It may be useful during routine skin care and hygiene. If / when you logroll the patient to cleanse the back of the neck and check for occipital pressure, the Assist Strap allows the Front of the collar to remain in place and maintain critical flexion control.
- For the predominantly supine Trauma or ICU patient, the Assist Strap is unnecessary.

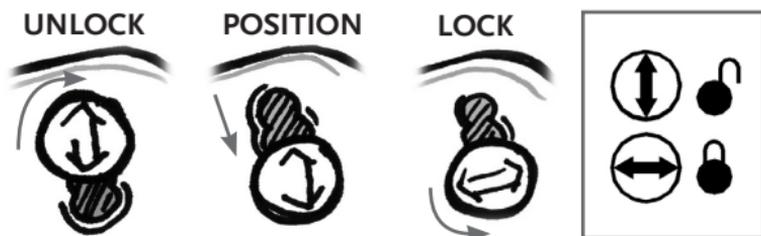
## FINAL ADJUSTMENTS:

### *Angulation Buttons:*

The Angulation Buttons may be 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.*

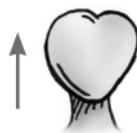


### *Chin Support Positioning Guidelines:*

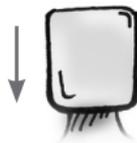
- Slide up to relieve chin tip pressure or discomfort.
- Slide down to relieve jaw/mandibular pressure or discomfort.



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



*For a square face, set the Chin Support Buttons to bottom position.*



## FINAL ADJUSTMENTS (cont 'd):

### *Occiput Support Positioning Guidelines:*

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



***For a predominately supine patient keep Occipital Support Buttons set to top position. this will direct the top edge of the collar shell into the bed.***

### *Sternal Pad:*



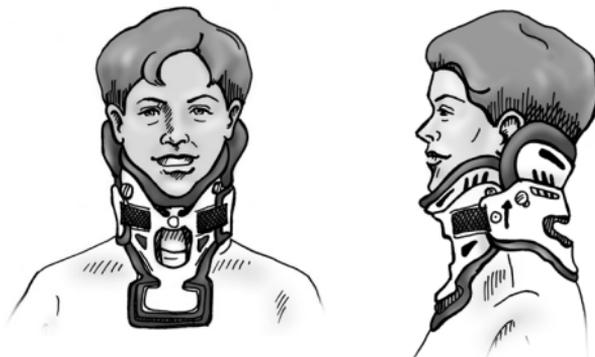
The Miami J® includes a removable sternal pad to distribute ambulatory pressure. It may be removed if patient anatomy dictates, for comfort during sleep and/or during meals to ease chewing and swallowing.



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

### *Other Modifications:*

Upon physician recommendation, collar corners and edges may be modified or trimmed to relieve discomfort or pressure. Excess velcro strap may also be trimmed as necessary.



## **FINAL CHECKLIST:**

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

- ✓ Collar extends from mandible to just below sternal notch. Chin is centered comfortably in Chin Support. Chin
- ✓ should not extend over edge of Sorbatex™ pad, nor fall inside collar.  
Collar velcro straps oriented blue-on-blue, both tabs the
- ✓ same length.  
Sides of Back should overlap sides of Front.
- ✓ Front of collar angled up toward ears. Lower plastic edge
- ✓ should not be resting on patient's clavicles nor digging into trapezius.  
No plastic touching skin. Sorbatex™ pads extend beyond
- ✓ all plastic edges.  
No slack or gaps in any of the straps.
- ✓ Tracheal opening and posterior vent are midline.
- ✓ Collar sits away from the neck. There should be a "finger"
- ✓ gap between the tracheal opening and the neck. If the collar is fit too closely/tightly to the neck, size up to the next taller size.

## **TROUBLESHOOTING:**

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*An improperly applied Miami J® will look like the top two illustrations on the following page:*

<b><i>Problem</i></b>	<b><i>Solution</i></b>
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 Össur Customer Service, 1 800-257-84 40, <a href="http://www.ossur.com">www.ossur.com</a>



Too Small



Too Large



Just Right

## **ADDITIONAL NOTES:**

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

Miami J<sup>®</sup> collars are for adolescent and adult patients. For children 12 and under consult Miami Jr.<sup>®</sup> Sizing and Application Instructions.

For instructions on proper care and cleaning of the Miami J<sup>®</sup> collar, please consult the Miami J<sup>®</sup> Patient Care Handbook or Routine Skin Care Instructions.

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*Life Without Limitations<sup>®</sup>*