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> Ossur Miami J Cervical Neck Collar MJ-300 Short Instruction Manual

Ossur MJ-300

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Model: MJ-300 Short

1. PRODUCT OVERVIEW

The Ossur Miami J Cervical Neck Collar is designed for rigid cervical spine immobilization. This device provides stability to maintain a neutral, safe position for healing after various neck injuries or surgeries. It features Sorbatex padding for comfort and skin protection, and a phenotype-driven sizing system to ensure a precise fit.



Image: The Ossur Miami J Cervical Neck Collar, highlighting its design for cervical immobilization.

2. INDICATIONS FOR USE

The Miami J Cervical Neck Collar is indicated for conditions requiring rigid cervical spine immobilization. These may

include:

- Post-Trauma
- Cervical Spondylitis
- Cervical Spondylosis
- Stable Cervical Fractures
- Herniated Cervical Disc
- Post-Operative recovery (e.g., after cervical fusion, discectomy)
- Relief from pinched nerves and chronic neck pain



INDICATIONS FOR USE



 Post-Trauma	 Cervical Spondylitis	 Cervical spondylosis
 Stable Cervical Fractures	 Herniated Cervical Disc	 Post-Operative

Image: Visual representation of various conditions for which the Miami J Cervical Neck Collar is indicated.

3. KEY FEATURES AND COMPONENTS

The Miami J Cervical Neck Collar incorporates several features designed for effective immobilization and patient comfort:

- **SorbateX Padding:** Antibacterial and moisture-wicking material to enhance comfort and protect skin integrity, reducing the risk of skin breakdown.
- **Bioengineered Design:** Minimizes pressure points in key areas such as the chin, occiput, trapezius, and

clavicle.

- **Comfort Adjustment Buttons:** Allows for fine-tuning of the fit.
- **Adjustable Hook & Loop Strap:** Secures the collar firmly.
- **X-Ray, CT, and MRI Lucent:** Safe for medical imaging without removal.
- **Ventilation Openings:** Large openings in the rigid shell promote airflow, keeping the skin cool and dry.
- **Wide Anterior Opening:** Provides easy access to the trachea if needed.

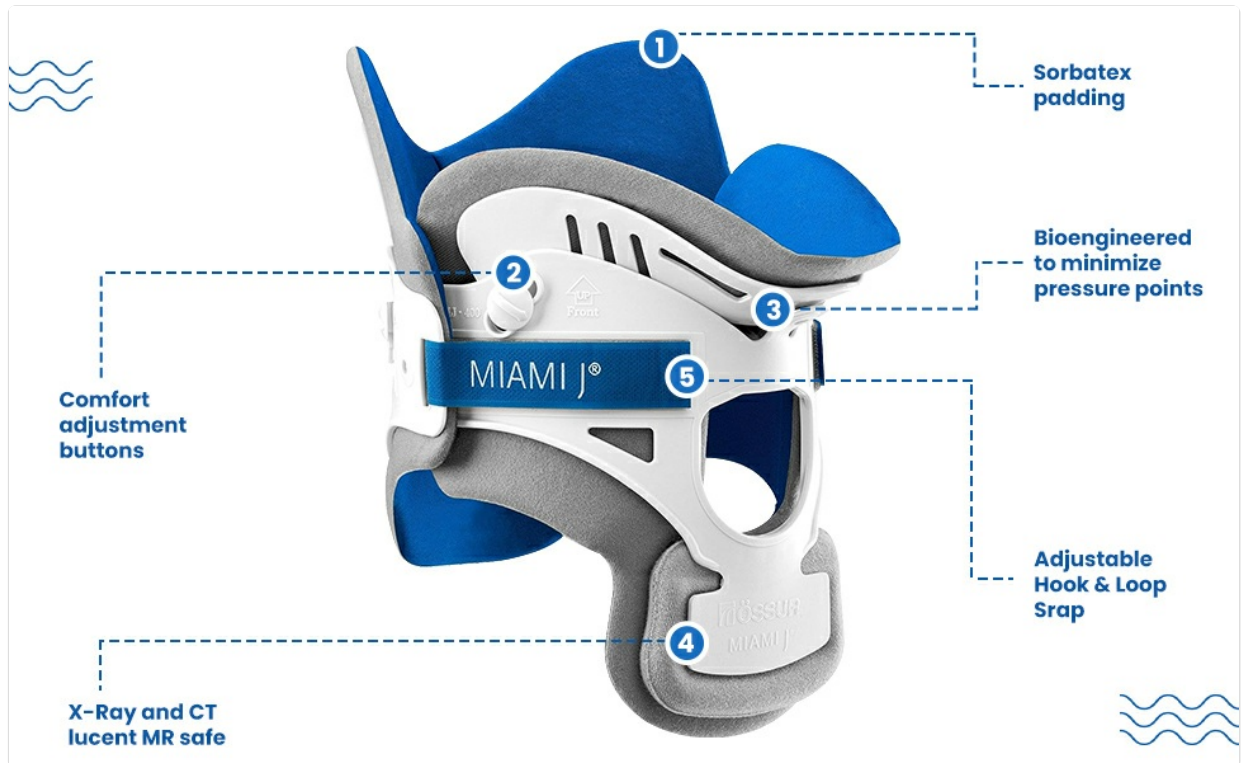


Image: Exploded view of the Miami J Collar, detailing Sorbatex padding, comfort adjustment buttons, bioengineered pressure points, X-ray/CT lucency, and adjustable strap.



Image: Close-up showing the adjustable hook & loop strap and comfort adjustment buttons on the Miami J Collar.

Collar Care Instruction

- The padding can be removed for cleaning if a spare set of pads has been supplied.
- Remove the pads from the plastic shells.
- Hand wash the pads with mild soap and water.
- DO NOT use harsh detergents or bleach.
- Rinse. Wring out the excess water and squeeze in towel. Lay flat to air dry.
- Wipe the plastic collar shells clean with mild soap and water.
- Replace pads by attaching the grey side to the hook on the inside of the collar.
- Do not machine wash, do not tumble dry.

Enhancing Comfort

Clinically Proven

Image: Textual summary of the features and benefits, including Sorbatex padding, bioengineered design, angulation buttons, and imaging compatibility.

4. SIZING AND FIT

The Miami J Collar utilizes a phenotype-driven sizing system to ensure optimal fit and immobilization. This system accounts for various neck anatomies. The MJ-300 Short model is designed for standard size mature men and short-necked women.

Proper sizing is crucial for effective treatment and comfort. Consult a healthcare professional for accurate measurement and selection of the appropriate collar size.

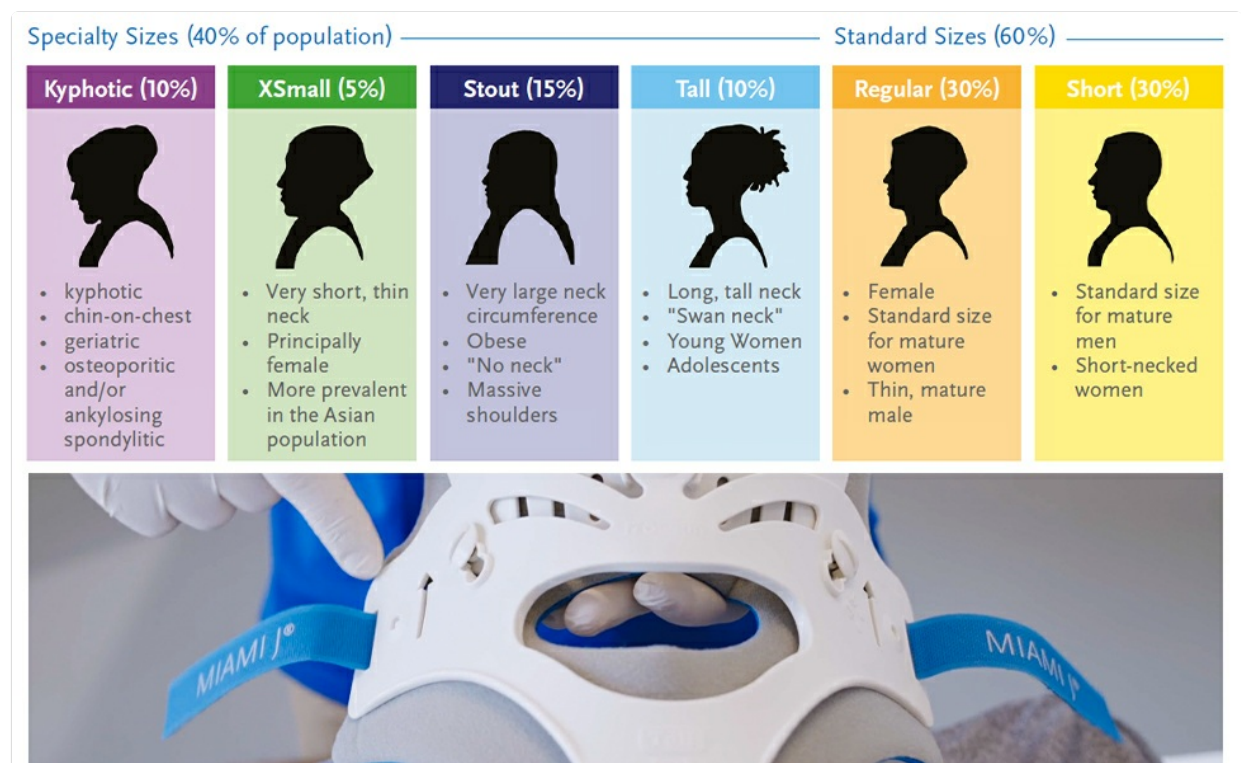


Image: Sizing chart illustrating different phenotypes (Kyphotic, XSmall, Stout, Tall, Regular, Short) and their corresponding characteristics for Miami J Collar selection.

5. APPLICATION INSTRUCTIONS (HOW TO WEAR)

Follow these steps for proper application of the Miami J Cervical Neck Collar. It is recommended to have a healthcare professional assist with initial fitting.

1. Ensure your neck is in a neutral position.
2. Clean and dry the skin around your neck before application.
3. Position the posterior (back) piece of the collar first, ensuring it is centered and comfortable.
4. Bring the anterior (front) piece into place, aligning it with the posterior piece.
5. Secure the adjustable hook & loop straps on both sides, ensuring a snug but not overly tight fit.
6. Adjust the comfort adjustment buttons if necessary to achieve optimal support and comfort.



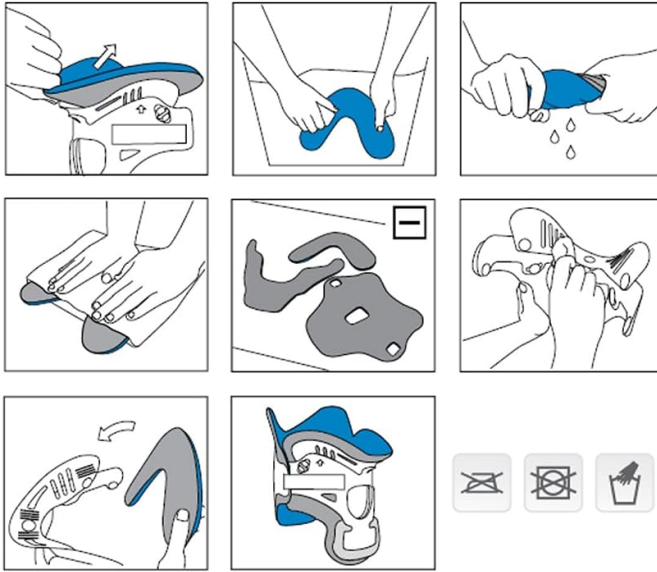
Image: Step-by-step visual guide on how to properly apply the Miami J Cervical Neck Collar.

6. CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your Miami J Cervical Neck Collar and ensure hygiene.

- The padding can be removed for cleaning. If a spare set of pads is supplied, replace the pads during cleaning.
- Remove the pads from the plastic shells.
- Hand wash the pads with mild soap and water. **DO NOT** use harsh detergents or bleach.
- Rinse thoroughly to remove all soap.
- Wring out excess water and squeeze in a towel. Lay flat to air dry completely.
- Wipe the plastic collar shells clean with mild soap and water.
- Replace pads by attaching the grey side to the hook on the inside of the collar.
- **Do not machine wash. Do not tumble dry.**

COLLAR CARE INSTRUCTIONS



The padding can be removed for cleaning if a spare set of pads has been supplied.

•Remove the pads from the plastic shells.

•Hand wash the pads with mild soap and water. **DO NOT** use harsh detergents or bleach.

•Rinse. Wring out the excess water and squeeze in towel. Lay flat to air dry.

•Wipe the plastic collar shells clean with mild soap and water.

•Replace pads by attaching the grey side to the hook on the inside of the collar.

•Do not machine wash, do not tumble dry.

This Patient Guide is supplementary to the Miami J® Instructions for Use (IFU). Please refer to the indications for use in the IFU for more product details, including ontra-indications and warnings.

Image: Visual guide demonstrating the steps for cleaning the Miami J Collar pads and shells.

7. TROUBLESHOOTING

If you experience issues with your Miami J Cervical Neck Collar, consider the following:

- **Discomfort or Pressure Points:** Re-check the fit and adjustments. Ensure the collar is centered and straps are snug but not too tight. Verify that the correct size has been selected based on your phenotype.
- **Skin Irritation:** Ensure pads are clean and dry. If irritation persists, consult a healthcare professional. Some individuals may have skin sensitivities to materials; discuss this with your doctor.
- **Insufficient Immobilization:** Confirm the collar is correctly applied and adjusted. If movement is still excessive, consult your healthcare provider to ensure the collar size and type are appropriate for your condition.
- **Difficulty Speaking or Swallowing:** This may indicate the collar is too tight or incorrectly positioned. Re-adjust the fit. If issues persist, seek medical advice.

Always consult your healthcare provider if you have concerns about the fit, comfort, or effectiveness of your cervical collar.

8. SPECIFICATIONS

Specification	Detail
Brand	Ossur
Model Number	MJ-300
Size	300 Short
Specific Uses For Product	Neck Support
Age Range (Description)	Adult
Number of Items	1
Included Components	Neck Brace
Closure Type	Hook & Loop
Product Care Instructions	Hand Wash Only

9. MANUFACTURER INFORMATION & SUPPORT

Manufacturer: Ossur

For further assistance, product information, or warranty details, please refer to the official Ossur website or contact their customer support directly. Always follow the advice of your healthcare professional regarding the use and care of your Miami J Cervical Neck Collar.

10. PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official product video from Ossur demonstrating the Miami J Cervical Neck Collar and its features.