

## FitPro FP10002

# FitPro Foam Cervical Collar Instruction Manual

Model: FP10002

Brand: FitPro

## INTRODUCTION

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The FitPro Foam Cervical Collar is designed to provide comfort and support to the spine, particularly for individuals requiring temporary or ongoing neck stabilization. Made from medium-density foam, this collar features a chin cutaway for enhanced comfort and is adjustable to fit a wide range of neck circumferences.

## IMPORTANT SAFETY INFORMATION

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Please read all instructions carefully before using the FitPro Foam Cervical Collar. Improper use may lead to discomfort or ineffective support.

- Consult a healthcare professional before using this product, especially if you have pre-existing neck conditions or injuries.
- Do not overtighten the collar, as this may restrict circulation or cause discomfort.
- Discontinue use and consult a healthcare professional if you experience increased pain, numbness, tingling, or skin irritation.
- Keep out of reach of children.

## PRODUCT FEATURES

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- **Chin Cutaway:** Designed for improved comfort and fit.
- **One Size Fits Most:** Accommodates neck circumferences from 15 inches to 26 inches.
- **Medium Density Foam:** Provides balanced comfort and support.
- **Spinal Support:** Aids in providing comfort and support to the cervical spine.
- **Available Heights:** Offered in 2-inch, 3-inch, and 4-inch heights to suit various user needs and support levels.



*Image: The FitPro Foam Cervical Collar highlighting its key features, including the chin cutaway and adjustable strap. The image also indicates the availability of different height versions.*



Foam Cervical Collar (FP1000X)	
X=	Description
2	2" Height
3	3" Height
4	4" Height

*Image: A table detailing the different height options available for the FitPro Foam Cervical Collar, correlating model suffixes (X) with their respective heights.*

## SETUP AND FITTING

Proper fitting of the cervical collar is crucial for effective support and comfort.

- Select the Correct Height:** Choose the collar height (2-inch, 3-inch, or 4-inch) that best suits your neck length and the level of support required, as advised by a healthcare professional. The 2-inch height is generally suitable for individuals of below-average height.
- Position the Collar:** Place the collar around your neck with the chin cutaway positioned comfortably under your chin. Ensure the collar is centered and provides even support.
- Secure the Strap:** Bring the ends of the collar together at the back of your neck. Secure the hook-and-loop (Velcro) strap firmly but comfortably. The collar should be snug enough to provide support without causing pressure or restricting breathing.
- Adjust for Comfort:** Ensure you can breathe easily and that the collar does not cause any pinching or excessive pressure points. The strap can be trimmed to length if it is too long.



*Image: A side profile of a user wearing the FitPro Foam Cervical Collar, illustrating how it should be positioned for optimal support.*



*Image: A front view of the FitPro Foam Cervical Collar in use, demonstrating the chin cutaway and how the collar frames the face.*

## **OPERATION AND USAGE**

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Once properly fitted, the FitPro Foam Cervical Collar can be worn as directed by your healthcare provider. It is designed for continuous or intermittent use depending on your specific needs.

- Wear the collar for the duration recommended by your doctor or therapist.
- Avoid activities that may compromise the collar's position or cause excessive strain on your neck while wearing it.
- Periodically check the fit to ensure it remains comfortable and supportive.

## MAINTENANCE AND CARE

To ensure hygiene and prolong the life of your cervical collar, follow these care instructions:

- **Cleaning:** Hand wash the collar gently with mild soap and cold water. Do not use harsh detergents or bleach.
- **Drying:** Air dry completely in a well-ventilated area. Do not machine wash, tumble dry, or iron. Avoid direct sunlight or high heat, which can damage the foam.
- **Storage:** Store the collar in a clean, dry place away from direct sunlight and extreme temperatures when not in use.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Collar feels too tight or restricts breathing.	Collar is overtightened or incorrect size.	Loosen the strap slightly. If discomfort persists, ensure you have the correct height and size for your neck circumference.
Collar provides insufficient support.	Collar is too loose or incorrect height. Foam may have compressed over time.	Tighten the strap for a snug fit. Consider if a taller collar (3-inch or 4-inch) would be more appropriate. If the foam is significantly compressed, replacement may be necessary.
Skin irritation or redness.	Collar is too tight, material sensitivity, or lack of proper hygiene.	Ensure proper fit. Clean the collar regularly as per maintenance instructions. If irritation persists, discontinue use and consult a healthcare professional.

## SPECIFICATIONS

- **Model Number:** FP10002 (for 2-inch height)
- **Product Dimensions:** Approximately 2 x 4 x 10 inches (for 2-inch height variant)
- **Weight:** Approximately 1.59 ounces
- **Material:** Medium Density Foam
- **Manufacturer:** United Ortho
- **Neck Circumference Fit:** 15" to 26"

## WARRANTY AND SUPPORT

For any questions regarding the FitPro Foam Cervical Collar, or for warranty information, please contact the manufacturer:

**Manufacturer:** United Ortho

**Contact Phone:** 800-227-8748

Please retain your proof of purchase for any warranty claims.

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## Related Documents - FP10002

	<p><a href="#">BSM01 FitPro</a> BSM01 FitPro</p>
	<p><a href="#">NKX01 Smartwatch (Fitpro) - Features and Specifications</a> Detailed specifications and features of the NKX01 Smartwatch (Fitpro), including hardware parameters, compatible devices, watch languages, sports modes, and functions. Supports Android and iOS.</p>
	<p><a href="#">NKX01 Smartwatch (Fitpro) - Features and Specifications</a> Detailed specifications and features of the NKX01 Smartwatch (Fitpro) by Shenzhen N+1 Intelligent Technology Co. Ltd., including hardware parameters, compatibility, sports modes, and functions.</p>
	<p><a href="#">FitPro™ Ultra Fit Test Software: Qualitative Fit Testing Quick Start Guide</a> This guide provides instructions for using FitPro™ Ultra Fit Test Software for qualitative respirator fit testing, covering main menu navigation, fit testing, people management, respirator management, reporting, and global settings.</p>
	<p><a href="#">TSI Link™ for Respiratory Protection Quick Start Guide</a> A quick start guide for TSI Link™ for Respiratory Protection, detailing setup, configuration, data import, and integration with FitPro™ Ultra for managing respiratory protection programs.</p>

25



SW600  
SMARTWATCH

SW600 SMARTWATCH  
USER MANUAL

CONTENTS

1. INTRODUCTION

2. SAFETY INFORMATION

3. PRODUCT OVERVIEW

4. BATTERY

5. CHARGING

6. APPS

7. CUSTOMIZATION

8. TROUBLESHOOTING

9. CONTACT US

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Comprehensive user manual for the SW600 Smartwatch by TwentyfiveSeven. Learn about features, safety information, technical specifications, and how to use the GoWellll and FITPRO apps.