CERVICAL COLLAR WEANING PROGRAM

This program is designed to strengthen the neck muscles. You need to be slowly “weaned out of your soft collar to gradually strengthen the neck muscles. I usually do this with simultaneous physical therapy exercise program. The program for weaning out of the collar is as follows:

You should start taking your collar off:

One (1) hour each day for three (3) days, then go to----
Two (2) hours each day for three (3) days, then go to----
Four (4) hours each day for three (3) days, then go to---
Eight (8) hours each day for three (3) days, etc.

The time the collar is off should be split between morning and evening so that in the first day you would have one half hour in the morning and one half hour in the afternoon or evening, and the second day you would have one hour in the morning and one hour in the afternoon or evening etc.

You continue to wear the collar full time at night, which is the time you are most susceptible to neck strain. After seven (7) days of ‘no collar’ during the entire day, you may stop wearing the collar at night.