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**We Claim:**

1. A device adapted to be worn on the neck of a human subject comprising a C-shaped resilient spring-like material with compression pads mounts to the ends of the C-shape, wherein the device is sized such that the compression pads apply pressure to the internal jugular veins of said subject.

2. The device as claimed in claim 1, wherein the device is adapted to apply sufficient pressure to the internal jugular veins to lead to an increase in cochlear pressure when the device is worn by a subject.

3. The device as claimed in claim 1 or 2, wherein the device mitigates injury to the inner ear of a subject exposed to an external concussive force to the head when the device is worn by a subject and exposed to an external concussive force.

4. The device as claimed in claim 3, wherein the external concussive force is a collision or blast wave.

5. The device as claimed in any one of claims 1-4, wherein the device exerts a pressure of not more than 80 mm Hg on the internal jugular veins.

6. A device adapted to be worn on the neck of a human subject comprising a C-shaped resilient spring-like material with compression pads mounts to the ends of the C-shape, wherein the device is sized such that the compression pads apply pressure to the external jugular veins of said subject.

7. The device as claimed in claim 6, wherein the device is adapted to apply sufficient pressure to the external jugular veins to lead to an increase in intraocular pressure when the device is worn by a subject.

8. The device as claimed in claim 6 or 7, wherein the device mitigates injury to the eye of a subject exposed to an external concussive force to the head when the device is worn by a subject and exposed to an external concussive force.

9. The device as claimed in claim 8, wherein the external concussive force is a collision or blast wave.

10. The device as claimed in claims 6-9, wherein the device exerts a pressure of not more than 80 mm Hg on the external jugular veins.


11. The device as claimed in claims 1-10, wherein the at least one inwardly directed region comprises a protuberance, stud, thickened or expandable region.

12. The device as claimed in claims 1-11, wherein the region(s) are non-inflatable.

13. The device as claimed in claims 1-11, wherein the region(s) are inflatable.

14. The device as claimed in claims 1-13, wherein the device is configured to be worn around the back of the neck.

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