

1. Place the Portable Neck Traction gently around your neck, and attach the velcro closure in the back. You should feel no discomfort of any type. Check to make sure there is no squeezing sensation in your neck.
2. Sit-up straight, and rest your back in the chair. Keep your head pointed straight ahead looking out of eye-level. Close the metal valve, and pump the bulb until you feel a light stretch of the neck, let the back of your head rest comfortably back inside the unit. Relax your muscles. Pump it again in gradual increments, until you feel a pleasant stretch.
3. Now you're ready for the final step. Open the metal valve slowly to release the air pressure.

Stretching

You will achieve the best results with regular applications. Begin your program with short stretching sessions (3-5 minutes each). After the first week, you can gradually increase the amount of pressure, and length of the stretching sessions by a few minutes. Sessions should always be comfortable. If you notice increased soreness and symptoms returning, decrease the length of your session. Take things slowly in the beginning for optimum results.

When you are ready to extend stretching sessions to longer periods (10-20 minutes), always use the lowest amount of pressure that still provides an easy stretch. Stronger stretches should always be for shorter periods of time (maximum 3-5 minutes), and for individuals who are acclimated to the product.

After-Care

Following your stretching session, you may find it helpful to go through a series of slow, gentle range-of-motion exercises, 5-10 of each, including: Flexion, Extension, Rotation (turn right and left), Lateral Bending (ear to shoulder, right and left), and "Chicken Pecks" (are described as pushing your head back and forward). You may hear a clicking sound during these stretches. This is entirely normal, unless pain or discomfort occurs.



Use Product



Flexion/Extension



Rotation



Lateral Bending



Forward & Back

Indications

Tight Muscles, Pinched Nerves, Neck Pain, Tension Headaches, Osteoarthritis, Swollen Disc, Straightening of the Neck, Degeneration of Disc or Joint.

Contraindications

Acute Injuries, Infections, Severe Rheumatoid Arthritis, Extruded Disc Fragments, Aggravation of Symptoms, Malignancy, Spinal Cord Compressions.

Portable Neck Traction is the ideal solution for individuals with neck problems to use at home or work.

Frequency

The maximum length of time for a stretching session is 20 minutes. However, you can gradually build up to doing four sessions per day. **Note:** Only increase the sessions if the stretching remains comfortable, and symptoms do not increase.

Warning

If you feel lightheaded, dizzy, nauseous or experience any other type of pain, etc. while using the Portable Neck Traction, slowly release the air, and discuss these symptoms with your health care professional. Do not use while walking or driving, operating potentially harmful equipment, or near sharp objects.

Usage Lying Down

To use this product while lying down, most individuals find it more relaxing to be in a slightly, elevated position using a pillow, wedge, or adjustable bed.

Note:

You may initially experience a smell of the natural rubber. In time this will disappear when your product is removed from the protective wrapping and is exposed to the air.

Available At NeckSolutions