

Indicated for use for the treatment and relief of cervical pain, and musculoskeletal or neurologic impairments.

You must read all instructions and cautions and warnings before using:

CAUTION:

The Theratrac is restricted to use by prescription from a physician only.

- 1 Remove any jewelry, earrings, necklaces, eyeglasses or any other item that could get in the way of therapy as it could be potentially dangerous to leave on. Also, make sure your hair is pulled up and away from the neck region.
- 2 Insure that you have the right size. Refer to the chart below for proper sizing details. Once you know your size is right, you can proceed.
- 3 Gently stretch the Theratrac "towers" outward (away from each other) if you feel any pinching on the ears after you have laid into the device. Stretching the towers will help in perfecting the sizing somewhat.
- 4 Place the Theratrac on a firm flat surface such as the floor so that you can lie on your back with your knees bent so that your feet are flat on the floor. Feel free to prop a support under your knees so that you are in a relaxed position. You can also lay completely flat and out stretched as an alternate treatment position.
- 5 Your head should rest on the headrest, and your neck should be cradled by the bellows, and in between the towers.
- 6 Relax yourself through breathing, and release any tension in your head, neck, shoulders and body. In fact, stay as relaxed as possible throughout all facets of traction therapy for optimal results.
- 7 Position both of the hand pumps close to you while in the lie down position. Try to stay in a relaxed position and begin pumping the hand pump that controls the stretch traction in the neck area. You will begin feeling a stretch in your neck. You can release pressure by pressing on the valve. Continue pumping and releasing to create some limberness in your neck. Then, pump the pressure to a comfortable stretch after this initial back and forth stretch and release. Leave it in place for the next 5-10 minutes or for the time recommended by your doctor or medical professional. Throughout the "hold stretch period", it is recommended to release the pressure at least three times, and then re-pump.
- 8 If you are using the "lift bladder" to create an inclined traction, begin pumping this hand-pump. Oscillate between pumping the "lift bladder" in tandem with the "stretch bladder" to ensure a comfortable stretch while you incline. The incline can be adjusted from 0 to 15 degrees.
- 9 When the treatment period is complete, release the air-pressure. Do not abruptly get-up out of the Theratrac. Slowly and gently lift your head out, roll your body to one side and push yourself up.
- 10 For at least the next hour after therapy, try to not make any abrupt motions with your head or neck.

CAUTIONS AND WARNINGS

- 1 Do not use traction if you suffer from severe rheumatoid arthritis or inflammatory disease.
- 2 Do not use traction if you have an infection or a disease malignancy
- 3 Do not use traction if you have serious pathology
- 4 Do not use traction if you have fractures or extruded disc fragmentation.
- 5 Do not use traction if you have spinal cord compression
- 6 Must remove all jewelry before using this device.
- 7 If you experience dizziness, nausea, undue discomfort, or numbness, discontinue use of the product and contact your physician immediately.
- 9 If you experience or feel any adverse reactions to this product, discontinue use of the product and contact your physician immediately.
- 10 If you experience additional pain from using the device, discontinue use of the product and contact your physician.
- 11 Check with your physician or healthcare provider for details on application, treatment times, and proper use.

CLEANING INSTRUCTIONS

With a clean damp cloth, and some cleaning spray, wipe down the headrest and neck area.

SIZING CHART

Small (14" to 16" neck)
Medium (16" to 18" neck)
Large (18" to 20" neck)

WARRANTY INFO

The Theratrac is covered by a 1 year warranty against all mechanical or manufacturer defects, from the date of purchase.

