

# IMPORTANT INSTRUCTIONS FOR THE PROPER USE OF THE SPINAL REMODELING BRACE™

The Spinal Remodeling Brace can be utilized in a number of different ways depending on the desired physical effect. There are three ways to secure the posterior traction hook and loop belt and three ways to place the three anterior traction ratchet wench slings.

## Posterior Traction Belt Placement

1. If the patient presents with forward shoulder roll as is common with the posteriorthoracictranslationposture, the posteriortractionbelt should be secured across the anterior shoulders.



2. If the patient presents with retracted shoulders as is common with the Anterior Thoracic Translation Posture, the posteriortractionbelt should be secured across the upper chest and under the arms.



3. If the patient presents with neither the anterior or posterior thoracic translation posture, but loss of the lumbar lordosis, the posteriortractionbelt should be secured under the chest. This placement should only be used for lumbar traction.



## Anterior Traction Ratchet Sling Placement

1. If the patient presents with an increased thoracic kyphosis, decreased upper lumbar lordosis, increased lower lumbar lordosis and decreased pelvic/sacral tilt as is common in the posterior thoracic translation posture, the superior sling should be tightened down into the mid-thoracic region, the middle traction sling tightened into the upper lumbar region and the inferior traction sling should be tightened down across the lower lumbar/pelvic ilium region.

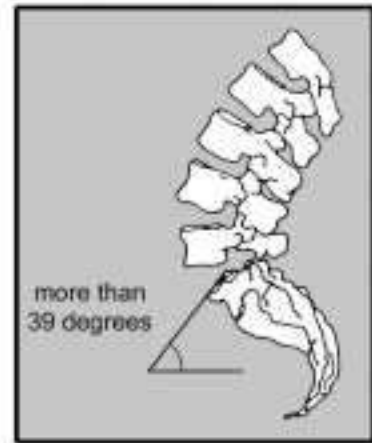


2. If the patient presents with mainly increased thoracic kyphosis, all the traction slings should be tightened down into the mid to lower thoracic region.

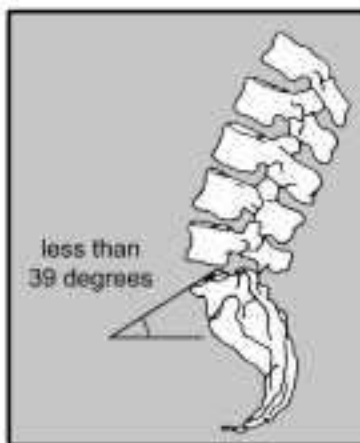


3. If the patient presents with mainly decreased lumbar lordosis, both lower slings should be tightened down into the upper and lower lumbar regions. If the lordotic loss is more severe in the upper or the lower lumbar region, tighten that sling more. The superior sling can be tightened into the mid to lower thoracics to prevent posterior thoracic translation during traction.





If the patient presents with posterior thoracic translation and a sacral angle of more than 39 degrees, shorten the LR Brace enough to position the anterior section in front of the ASIS of the pelvis.



If the patient presents with posterior thoracic translation and a sacral angle of less than 39 degrees, lengthen the LR Brace enough to position the anterior section in front of the hip joints.

## Important Points

The anterior traction slings are capable of providing a very strong traction force. Always start out easy and stay within your patient's physical tolerance.

It is recommended that after you have tightened the patient into the Spinal Remodeling Brace that you stand back and visualize the person's lateral postural alignment. The goal is to try and align the patient's shoulder joint over their hip joint or mirror-image their aberrant posture. Either tightening or loosening the anterior traction ratchet wench strap and/or the posterior traction belt (velcro belt) will help to fine tune the patient setting.

We recommend that you place your hand behind the ratchet wench, between it and the patient, when you are tightening the traction wench. In this manner, you will not pinch the patient's clothes or skin with the ratchet mechanism.

During the first few minutes of the traction session, muscles will relax and mostly elastic elongation of the soft tissues will occur. For this reason, it is recommended that the patient's ratchet wench be tightened, if physically tolerable, one or two clicks after approximately the first five minutes of traction. You will now be maximumly affecting true viscoelastic elongation and remodeling of the soft tissues involved.

The anterior traction ratchet wench strap will become frayed and wore after prolonged use. We offer free replacement straps to insure your patient's safety.

**If this traction is performed on a treadmill, the patient should hold on to the hand rails of the treadmill or hold onto a bar mounted on the wall next to the treadmill to insure that they do not fall**

**The Spinal Remodeling Brace™ should be used only in accordance with instructions and under the supervision of a licensed physician, chiropractor or physical therapist. The manufacturer is not and cannot be responsible for any injury from non-approved use, incorrect use or misuse.**



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