

## **FOR THE DOCTOR:**

### **IMPORTANT INSTRUCTIONS REGARDING THE PROPER USE OF THE CIRCULAR CERVICAL TRACTION UNIT™**

- **Large lateral translations of the head and neck (over 15 mm) will interfere with the correction of the cervical lordosis and cause the patient more discomfort while in the Circular Cervical Traction Unit. Because of this we recommend that you first reduce any lateral head translations to under 15mm before having the patient use the Circular Traction Unit. Chiropractic Biophysics™ mirror-image traction and exercises are indicated to reduce lateral head translations.**
- **An upper thoracic hyper-kyphosis (Dowagers Hump) or a full thoracic hyper-kyphosis or hypo-kyphosis will interfere with the ability to restore the normal cervical lordosis. We therefore recommend that the lateral thoracic spine be first restored to a relatively normal kyphosis before cervical lateral curve correction is initiated. Our Erickson Unit is recommended for thoracic kyphotic restoration.**
- **Patients with large forward head translations that present with a normal coupling pattern of lower cervical flexion with loss of lordosis and upper cervical extension with increased lordosis often just need their forward head posture reduced to achieve cervical lordotic restoration. Taking a cervical stress x-ray with the patient pulling their head back into a normal lateral posture will tell you if a good cervical lordosis can be achieved by reducing the anterior head translation. If this is the case, we recommend the patient use our Cervical Remodeling Collar and head retraction exercises instead of The Circular Cervical Traction Unit.**
- **Patients who cannot be placed into one of the recommended traction settings because their head is pushed too far superior or the traction setting is too aggressive for the patient, should be backed off to the next lower setting and slowly worked up to the proper setting over time.**
- **If the patient presents with any radicular arm pain or large cervical disc bulges, be sure to closely monitor the patient for any increase of symptoms. If this occurs, immediately discontinue use of the Circular Cervical Traction Unit.**
- **If the patient complains of headache, neck/upper back, or arm pain after using the Circular Traction Unit they may be applying too much tension on the forehead strap. If reducing the amount of forehead strap pull does not relieve their symptoms, immediately discontinue use of the Circular Traction Unit. It is normal for the patient to feel some discomfort while performing corrective neck traction, but the traction should not be painful.**
- **If the patient experiences any alteration of speech, sight, taste, hearing, smell or facial pain, numbness, or weakness while or after using the Pro-Lordotic Pump®, immediately discontinue use of the Circular Cervical Traction Unit.**

## TRACTION SETTING RECOMMENDATIONS



**If the patient has a large forward head posture (over 15mm) you want to use a neck support setting that will keep their ear slightly behind the top of the shoulder during the traction session. Setting low to medium with the head off the edge of the traction surface.**

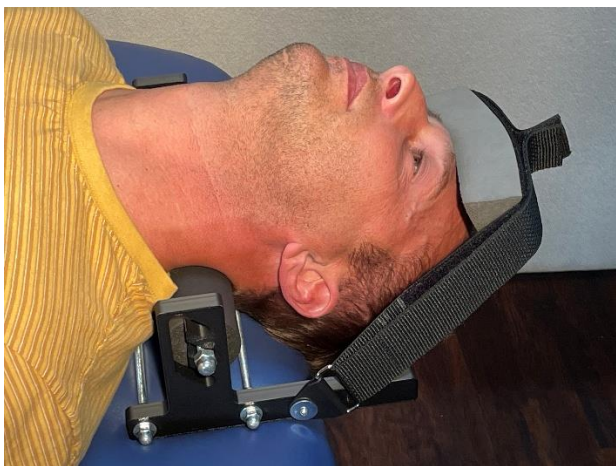


**If the patient has minimal forward head translation (less than 15mm) try to use a neck support setting that will keep their ear over the top of their shoulder. Setting medium to high.**



**If the patient is very rigid and their head does not extend very much, you may need to use the more superior forehead strap setting. This setting can also be used to decrease the compression force and make the traction less forceful for patients that find the other setting too aggressive.**

**SEE FLIP SIDE FOR MORE SETTING OPTIONS**



**If you want to make the traction more aggressive, you can add our Negative Z Pad to the forehead strap to increase the compressive force. This is also useful for use with very flexible patients. Especially if they have a very long cervical spine.**



**If the patient cannot find a good traction surface that is not too soft, our ½” to 1” patient positioning blocks can be used under the Circular Cervical Traction Unit. This is also very useful if you want to increase the vertical height of the neck support beyond the high setting for very flexible patients.**