

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

**The Circular Cervical Traction Unit should be used only in accordance with instructions and under the supervision of a licensed physician, chiropractor or physical therapist.**

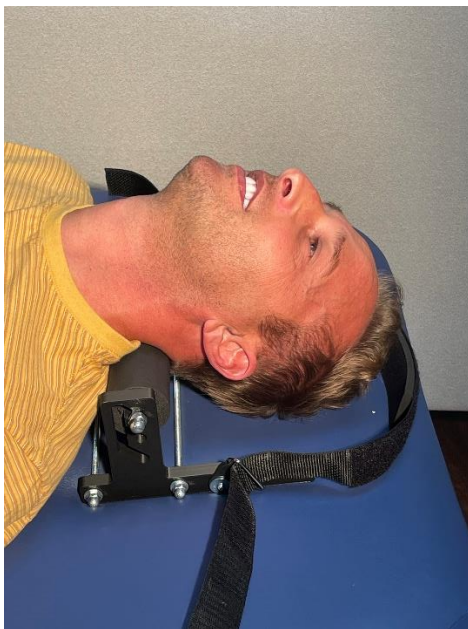
**The manufacturer is not and cannot be responsible for any injury from non-approved use, incorrect use or misuse.**

### **PRECAUTIONS**

It is advised that you continue use of the Circular Cervical Traction Unit only after first consulting with you doctor if any of the following apply to your condition:

- If your neck or upper back pain is the result of an accident or trauma.
- If your neck pain is accompanied by alteration of speech, sight, taste, hearing, smell or facial pain, numbness or weakness.

### **TRACTION PROCEDURE**



#### **Step One**

Place the Circular Cervical Traction Unit on a solid surface (not a bed) and lay down with your neck lying over the foam roll. The neck foam roll section should be already set to a low, medium or high position depending on the abnormal structure of your neck. Your doctor or therapist should have informed you as to the proper setting for your neck.



### Step Two

Place the forehead strap across your forehead and then tighten it down by pulling the Velcro straps outward and then securing them to the strap.



### Step Three

After lying on the foam roll for 2-3 minutes, tighten the forehead strap down a little more (if you can) and try to hold this position.

Your first traction session should be only 3-5 minutes. If you do not have any lasting neck pain or headache after your traction session, slowly increase your traction treatment time to 15-20 minutes over subsequent traction sessions.

**Note:** The traction of tight constricted tissues can cause some mild soreness during the traction procedure. This feeling is normal and should not be confused with true pain and should not linger for more than a short time after the traction is discontinued.

#### Step Four

After you have completed your traction session, roll off the Circular Cervical Traction Unit. Do not try to sit straight up and off the Circular Traction Unit.

#### **IMPORTANT**

If you recurrently experience dizziness or a lightheaded sensation while using the Circular Cervical Traction Unit, immediately discontinue use of the Circular Traction Unit and consult your doctor or therapist.

- If you experience notable pain or headache after using the Circular Cervical Traction Unit, you may be applying too much traction force. If reducing the tension on the forehead strap does not alleviate the symptoms, discontinue use of the Circular Cervical Traction Unit immediately and consult doctor or therapist.

If you experience alterations of speech, sight, hearing, smell or facial pain, numbness or weakness while using the Circular Traction Unit, immediately discontinue use of the Circular Traction Unit and consult your doctor or therapist.

IF YOU WEAR OUT THE NECK SUPPORT FOAM ROLL,  
EXTRA FOAM ROLLS ARE AVAILABLE FOR PURCHASE  
FROM YOUR DOCTOR OR THERAPIST.