



**Note:**

Only use as prescribed by your doctor if applying to serious injury.  
Cervical Neck traction device may be used 20-30 minutes for medium and minor traction, and 1-3 minutes for major traction. Treatment should occur 2-3 times daily for 10-20 days.  
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**Directions:**

1. Place Cervical Neck traction device around neck, adjust the circle to appropriate size and fix the nylon strap in the front.
2. Fasten the air-release screw before pumping.
3. Adjust the clutching condition in the lower part of the circle, and traction angle as comfort dictates or as prescribed by your doctor.
4. Hand pump until your neck is resting comfortably.
5. After pumping, place the ball into the upper pipe to prevent the air from leaking out.
6. Begin gently with medium and minor traction, then moving on to major traction if comfortable.
7. After treatment, push back the ball first, expelling air as gradually as possible by slowly turning the screws. Do not squeeze the device.

## Cervical Neck Traction Device

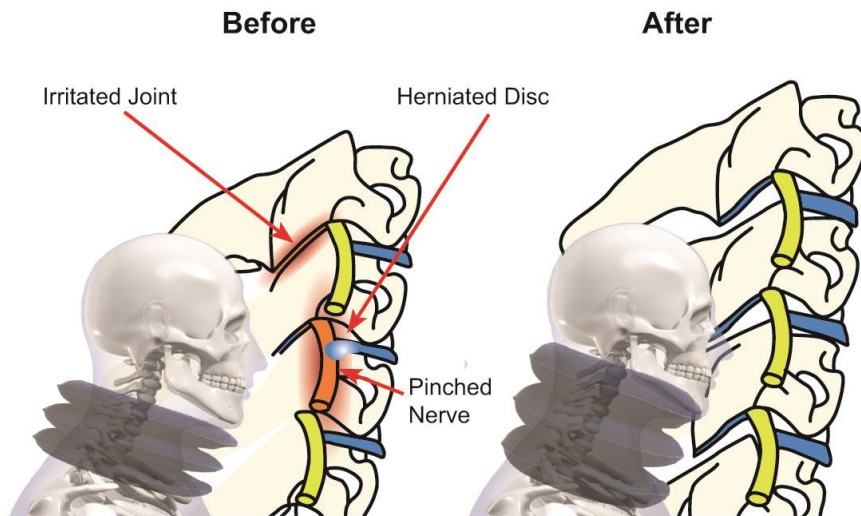


- Firm, static traction lowers the pressure between vertebrae, freeing pinched nerves and easing herniated discs.
- Maintain the natural curve and alignment of the neck for your health.
- It improves blood supply to neck muscles, tendons, and ligaments.
- Easy to use, comfortable to wear, and non-threatening, the unit is lightweight for carrying away from home, ideal for travel.

Cervical Neck Traction Device stretches the cervical spine to counter the effects of gravity on the structures of the neck. Your head weight ranges anywhere from 8 – 12 pounds, which the neck and shoulder muscles have to support. With poor posture, the head typically leans forward and increases the functional weight from gravity, just like holding something heavy out far as opposed to close to your body. Over time, this undue stress can lead to neck injury. Problems with the disc as they bulge from the pressure of the weight and force, as the muscles shorten and become tight. This can cause early onset of degenerative changes which can become a chronic and disabling problem. Along with tight muscles, this can cause everyday pain and restriction in motion.

Cervical Neck Traction Device gives you new ways to apply traction to painful neck muscles, disc, and joint problems and get relief that you control and administer yourself. It is easy to use, comfortable and portable so you can use it at home, work and while traveling! Enjoy safe and effective pain relief from tight neck muscles, pinched nerves, tension and neck related headaches, as well as degenerative conditions like osteoarthritis, cervical spondylosis and irritated neck joints.

Simply place the Cervical Neck Traction Device comfortably around your neck and inflate with air using the high efficiency hand pumps, to gradually raise the level to a comfortable stretch. The air neck traction elongates to support the weight of the head allowing tight neck muscles to relax. Further inflation will help take pressure off the discs, joints, nerves and blood vessels, allowing increased blood flow and decreased irritation.



**Cervical vertebrae** are the seven bones of the upper spine.

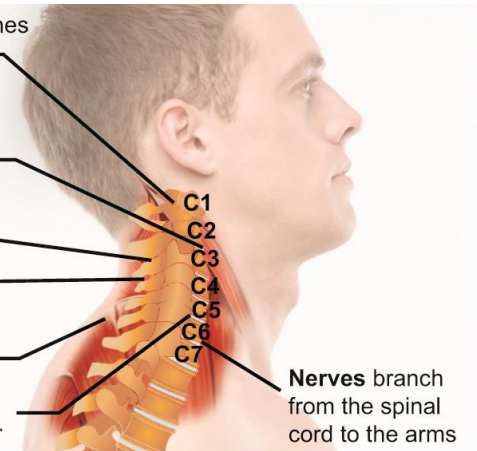
**Disks** are cushions between the vertebrae. They absorb the shock of movement.

**Facets** are the joints between the vertebrae.

**Ligaments** connect the vertebrae.

**Muscles** support the spine and move the head.

**Foramina** are openings between the vertebrae where nerves exit the spine.



**Nerves** branch from the spinal cord to the arms