

Before using this device please read the following instructions completely and carefully, and also carefully follow any instructions given by your physician. Correct use is vital to the proper functioning of this device.

**INDICATIONS**

- Herniated or compressed discs
- Radiculopathy
- Osteoarthritis
- Pain and headaches due to soft tissue stiffness



**APPLICATION**

1. Place device on floor or suitably sturdy flat surface. Make sure cable is completely released, and traction angle is set to lowest setting.
2. Lie down carefully, centering your neck in the neck cradle. Adjust neck cradle knobs as needed. Adjust traction angle as specified by physician.
3. Center head restraint on forehead. Adjust head strap as needed by tightening or loosening head strap. Strap should be firm, but not overly tight.
4. Slowly turn cable knob clockwise to slowly increase traction to your comfort level or to pressure specified by your physician.
5. Wait for 10 seconds or time designated by physician, then release pressure by pressing release button. Repeat 5 to 10 times or as directed by physician.
6. When finished completely release cable and carefully remove head restraint. Repeat warm up stretches.

**CAUTIONS + PRECAUTIONS**

- Please stretch before use. Alternate turning your head from side-to-side, and then forward and backward, for 1-2 minutes or until neck feels loosened and relaxed prior to use.
- If you notice any adverse reaction, or have pain as a result of using this device, discontinue use and contact your physician and/or supplier.

**MAINTENANCE + CLEANING**

Do not immerse in water. Do not use harsh cleaners or chemicals. Use a damp cloth or towel, and mild detergent or disinfectant, to wash and wipe clean. When not in use store unit in a cool, dry place.

Manufactured for: