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PORTABLE SPINAL TRACTION

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**INSTRUCTION
MANUAL**

Lo-Bak TRAX

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Patent Number: US 8,905,952 B2

Lo-Bak TRAX

INTRODUCTION

Hello.

I sincerely thank-you for purchasing *Lo-Bak TRAX*. *Lo-Bak TRAX* was designed to offer a simpler way to perform spinal traction for people suffering with low back pain.

The saying, "necessity is the mother of all inventions" is certainly appropriate here. I conceived the idea of *Lo-Bak TRAX* after suffering with chronic low back pain for most of my adult life. Each decade my back became stiffer and stiffer with more pain. I suffer from a condition that causes frequent tightening of the muscles and soft tissues surrounding the spine.

As a practicing Chiropractor, I tried everything to control my pain. Initially I started with a stretch that duplicates what *Lo-Bak TRAX* does, but my patients had a hard time understanding where exactly to place their hands and how to push. I kept telling my wife, "If I just had a device that patients could put against their legs and push with," they would really benefit from this new approach to non-powered orthopedic traction I had invented.

That's how it all started, one day I started drawing, several prototypes and a patent application later ... and here we are!

I sincerely hope *Lo-Bak TRAX* does for you what it has for me.

Please take the time to read this, INSTRUCTION MANUAL completely. Like *Lo-Bak TRAX*, I designed this manual to be simple and easy to use!

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CUSTOMER SERVICE INFORMATION

NGC Industries, Inc.

20 Maple Street
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Email: info@lobaktrax.com

413-734-BACK (2225)
or 855-6-LOBACK (855-656-2225)

www.LoBakTRAX.com

PRODUCED: March, 2011
Please record your
original customer order number below

GENERAL WARNINGS AND CONTRAINDICATIONS FOR USE

BEFORE USE WARNING: Before starting this, or any form of spinal traction treatments, you should first consult with your primary care physician to make sure your spine is healthy enough to do so.

CONTRAINDICATIONS FOR USE

- *Pregnancy*
- *Ligamentous instability*
- *Inflammatory conditions of the spine*
- *Primary or metastatic tumor(s)*
- *Spinal cord tumor(s)*
- *Unhealed spinal fracture*
- *Recent spinal surgery*
- *Spinal fusion*
- *Bowel or bladder difficulties*
- *Weakness or loss of strength in the arms or legs*
- *Severe pain with coughing or sneezing*
- *Osteoporosis*
- *Aortic aneurysm*
- *Respiratory condition that results in difficulty breathing with physical exertion or while lying fully flat on your back*
- *Any upper extremity (shoulder, wrist, elbow) pathology which may prevent pushing force*
- *Any condition where resistance exercise is contraindicated*

AFTER USE WARNING: Discontinue use of the device and return to your primary care physician if your pain gets worse, you develop any abnormal sensations or weakness in your legs, or you begin to experience any bowel or bladder problems.

CAUTIONS: Consult your primary care physician prior to using the device if you have:

- *Poorly controlled hypertension*
- *A condition that may result in bruising from the pressure of the thigh pads*

Much like any exercise program or gym work out, if you “over-do-it” especially in the first three weeks of use, you may experience increased back soreness and/or spasms in the areas you are most trying to stretch.

Initially, you may not feel a stretch in the low back region of your spine. This is because some chronic low back pain sufferers are so tight, they may have to first stretch the mid back area and then movement or stretching will occur lower down. Do not become frustrated if you are one of these people and are not feeling a quality stretch in the beginning. It will get better with more frequent use and more consistent use.

PURPOSE FOR LO-BAK TRAX

Device Description

Lo-Bak TRAX is a portable spinal traction device, designed to perform non-powered orthopedic traction in a comfortable manner. Its method of doing this is first done by using a different lying posture than other non-powered orthopedic traction devices. This lying posture works the lumbar lordosis or curve in the low back. This makes the spine a lot easier to traction or stretch. This lying posture allows the spinal vertebrae to separate with much less force required than with a lying posture where the legs are straight or the lumbar curve maintained.

Secondly, you the user are in total control of the traction force. It is supplied by the user pushing *Lo-Bak TRAX* against their thighs with their arms. This is a nice feature, because anybody with back pain knows, some days you are more sensitive than others.

Some days you can tolerate a lot of force, and some days only a little. Either way, with *Lo-Bak TRAX* you control how much force you use, how you direct that force and exactly how long you hold the force.

Indications For Use

- *Low back pain*
- *Degenerative disc disease*
- *Spinal degenerative joint disease*
- *Spinal stenosis*
- *Herniated disc*
- *Spinal curvature due to tight muscles*
- *Sciatica*
- *Muscle spasm*

Lo-Bak TRAX is intended for single person use by adults to provide portable, non-powered traction to the low back while simultaneously stretching the muscles and soft tissues of the low back.

LO-BAK TRAX DESCRIPTION

Lo-Bak TRAX has two handles, one left and one right side.

Each side handle is welded together in the center to form one center point.

Each side handle has a foam hand grip designed for comfort and to decrease slippage.

Each side handle has a nickel plated tube end plug.

There are two thigh contacts, one left and one right.

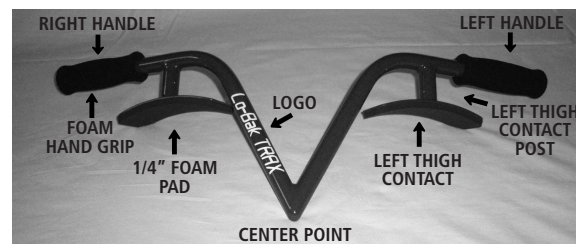
Each thigh contact is connected to a side handle with a thigh contact post.

Each thigh contact has a ¼" foam pad attached designed for comfort and to prevent slippage.

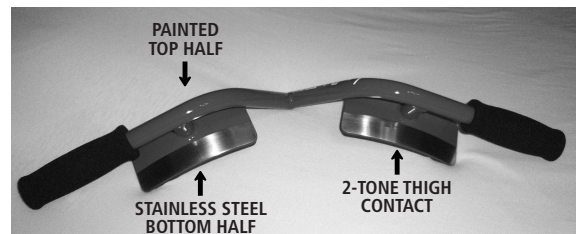
Each thigh contact is painted two-tone in color.

The painted half is the top, the stainless steel half is the bottom.

The *Lo-Bak TRAX* logo is on the right side handle during use.



PICTURE 1

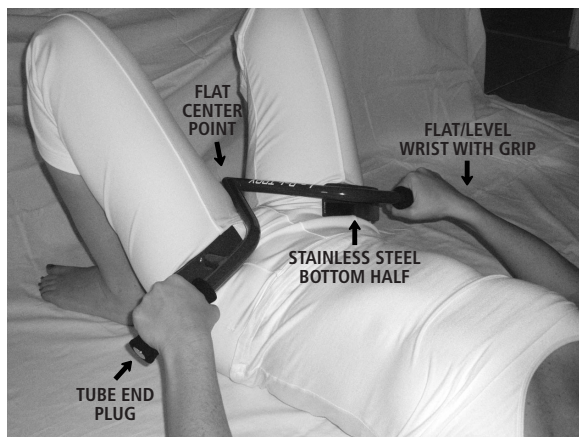


PICTURE 2

OPERATING INSTRUCTIONS

Before you start

- You should wear comfortable fitting, non-slip pants or shorts.
- Choose a surface that is firm, but comfortable. A bed will work, but not as effective as a firm surface.
- You should have enough space to lie down and get up easily.
- A carpeted floor or a wooden floor with a yoga mat is best.



PICTURE 3

Lo-Bak TRAX Posture

- Lie flat on the floor or bed face up.
- **DO NOT** use any pillows or neck supports! You need your spine as straight as possible.
- Next bend your hips and knees so that the heels of your feet are as close to your buttocks as comfortable.
- You are now in the proper posture.
- Please take 1-2 minutes to just relax and slow breathe. The more relaxed you are, the easier your spine will stretch.

Lo-Bak TRAX TRACTION

- Position the center point between your thighs while grasping the handle grips.
- The stainless steel half of the thigh contacts should be positioned down or closest to your groin/trunk area.
- The thigh contacts are designed to fit in the crease formed at the connection of your thigh to your groin/trunk areas.
- Keep your wrists flat and in-line with the hand grips. It may help to elevate your elbows to keep the forearms and wrists flat.
- Slowly push the hand grips towards your feet.
- Hold for 20-30 seconds and slowly release.
- Rest for 1-2 minutes and then repeat these last 2 steps 4-6 times.
- **ALWAYS REMEMBER** to breathe normally during use of this device.

PLEASE USE Lo-Bak TRAX DAILY FOR 3 WEEKS!

SOME LIKE MORNINGS, SOME LIKE NIGHTS, TRY THEM BOTH AND THEN DECIDE WHAT'S BEST FOR YOU!

REMINDERS

Lo-Bak TRAX stretches the sensitive, soft tissues surrounding and supporting your spine. These soft tissues are not used to being stretched like this. Do not be surprised if you are sore after using Lo-Bak TRAX, especially in the first 3 weeks of use.

If you try and push too hard or hold the stretch too long, you will be sore. Just like any new work out program, it is best to start slow and easy.

Do not be surprised if you feel a stretch/traction in your mid-back area and not in your low back area in the beginning.

With consistent use the soft tissues will stretch and relax and the traction will become more effective.

Always breathe normally during use.

Do not get up immediately when done.

Let your body rest for 1-2 minutes before getting up, to avoid spasm.

TROUBLESHOOTING

PROBLEM: *I'm feeling the traction/stretch in my mid back, not my low back area!*

SOLUTION: This may occur in some people who have chronic low back pain. Their low back is so over-tight that the middle back is the first area to start to move or stretch. With consistent use, the low back area will start to stretch and the traction force will be felt more in the low back after 3 weeks.

Another problem could be that the user has the thigh contact located too high up on the thigh while applying the force. Make sure the thigh contact is as close to the groin/trunk area as possible.

The final problem could be the user has their wrists positioned higher than the hand grip. This will cause more force to the top of the thigh contact and cause a stretch higher up in the spine.

PROBLEM: *The hand-grips seem to be rotating or slipping!*

SOLUTION: The hand-grips were designed to be free. We do not glue them still for two reasons.

1) If stationary or still, they would deform quickly from the repetitive force applied. Rotating them allows the user to change the area pressed upon.

2) This allows the user to customize their hand grip location. The user can slide the grips towards the middle or edge depending on their preference. If you have your wrists flat with the grip as instructed, there should be no movement of the grips.

PROBLEM: *The center point is pointing either up or down and is not flat!*

SOLUTION: This is a clear indicator your wrist position is wrong. Your wrists should be flat or straight in-line with the handle grip. If your wrists are BELOW the handle grip, the center point will tilt up. If your wrists are ABOVE the handle grip, the center point will tip down. Either way, you will not get a good stretch unless your wrists are flat and in line with the handle grips, and the point is flat, especially when you first start using *Lo-Bak TRAX*. Once comfortable using *Lo-Bak TRAX*, you can move your wrists above or below the handle grip during use to change the spinal level you are targeting at that time. ***PLEASE NOTE: This is an advanced move, done when using Lo-Bak TRAX to change the levels in your spine you are trying to target. This can be done without moving the device and while holding the traction force. This should only be done when you are comfortable using Lo-Bak TRAX.***

PROBLEM: *I'm just not feeling a good traction force where I want or need it!*

SOLUTION: *Lo-Bak TRAX's* traction force should be able to be targeted to the area in your lower back which you would like. HOWEVER, being able to target the force is tougher than it looks and takes some practice to find your "sweet spot". The area of your back where you feel the traction force most depends on: WRIST POSITION, FEET POSITION, or THIGH CONTACT POSITION.

GENERALLY SPEAKING

- *If your wrists are higher than the hand grips, the center point will tip down and you will feel the force more in the upper back area.*
- *If your wrists are lower than the hand grips, the center point will tip up and you will feel the force more in the lower back area.*
- *If your feet are closer to your buttocks, you will feel the force more in your lower back area.*
- *If your feet are further away from your buttocks, you will feel the force more in your mid back area.*
- *If the thigh contact is located closer to the groin/trunk area, you will feel the force more in the lower back area.*
- *If the thigh contact is located higher up on the thigh, you will feel the force more in the upper back area.*

YOU NEED TO PRACTICE USING *Lo-Bak TRAX*, AND TRYING DIFFERENT POSTURES CONSISTENTLY TO CUSTOMIZE EXACTLY WHAT WORKS BEST FOR YOU!

CLEANING INSTRUCTIONS

Lo-Bak TRAX is powder coated with a durable finish that can easily be cleaned with warm soapy water and a sponge.

Remember to always dry thoroughly with a clean, dry towel before use.

You can also use household surface wipes available in most retail stores that sell cleaning supplies.

LIMITED MANUFACTURERS WARRANTY

Please address all inquiries or requests to our Corporate Headquarters:

NGC Industries Inc.

Makers of Lo-Bak TRAX

20 Maple Street

Springfield, MA 01103

Phone: **413-734-2225**

Toll Free: **855-656-2225**

Email: **Info@lobaktrax.com**

We at NGC Industries Inc., feel that *Lo-Bak TRAX* is a quality built product that should last the user a lifetime with normal use and wear. However we also realize that situations arise where *Lo-Bak TRAX* may not work for everyone whom purchases it or there are defects that occur during Manufacturing or Shipping/Handling. This warranty is intended to address both situations.

1) **ITEM 1:** If at any time during the first 90 days of use, after the original purchase date, the original purchaser feels it does not work for them, for any reason, they may return it for a refund of their full purchase price, less any shipping and handling charges(if applicable) to our Corporate Headquarters listed above.

ITEM 1 - Exceptions: This policy does not apply to Special Offers or Discounted products.

ITEM 1 - Return of the Unit: The purchaser is responsible to pay all shipping/handling charges to return the device to our Corporate Headquarters listed above.

ITEM 1 - Return Condition: The *Lo-Bak TRAX* device must be returned with complete content which includes: original receipt or order number, its original box, Instruction Manual and Instructional DVD (and The Bonus Stretches DVD when applicable) with no damage to the device or any of its parts or accessories beyond normal wear.

ITEM 1 - Warranty Exclusions: If the device is returned to our Corporate Headquarters 91 days or more after the original purchase date

or if the device is returned within the 90 day time frame from the original purchase date but is determined to have been damaged by unintended use such as breakage, excessive wear or incomplete content as outlined above, No Refund will be issued and the device will be returned to the purchaser by NGC Industries, Inc. at our expense. NGC Industries Inc. reserves the right to determine which devices meet these exclusions.

2) **ITEM 2:** Within the first 90 days after the original purchase date, if any of the parts of *Lo-Bak TRAX* are determined to be defective in quality or function, the purchaser may request new, replacement parts to be sent to them at no further expense by contacting our Corporate Headquarters listed above and providing the order number.

Parts Included: Thigh Contact pads, Hand Grips, Metal end caps, Lo-Bak TRAX sticker.

ITEM 2 - Breakage: If the *Lo-Bak TRAX* device should break during normal, intended use at any time. The purchaser may return it for a full replacement of the same device. This warranty only applies to the original purchaser of the device and an order number is required. NGC Industries Inc. reserves the right to determine normal, intended use.

NGC Industries Inc's goal is total customer satisfaction whether *Lo-Bak TRAX* works for you or not. If an issue arises that is not covered under this warranty, please feel free to contact our Corporate Headquarters listed above and we promise to do our best to provide a realistic remedy.

Massachusetts law provides for Implied Warranties which gives guarantees that consumer products are free of substantial defects and will function properly for a reasonable period of time.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

