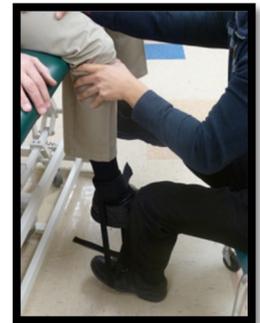




## Instructions for use of the Multi Joint Distraction Strap

### Technique 1 - Knee distraction application:

1. The patient is seated with legs hanging over the edge of the table
2. Open Velcro cuff and wrap around ankle. Then take Velcro end and insert it through the loop and tighten to comfort around the ankle.
3. Elevate the table high enough so that the bottom loop is off the floor approximately 3" and the knee joint is at the right height to perform mobilization as you distract. The loop is adjustable to allow you to get the perfect position to perform the technique.
4. Now take your foot and place it inside the loop. With gentle downward force from your foot you will apply an inferior mob to the knee joint. (fig 1)
5. As you inferiorly distract you can posteriorly mob the knee joint or stretch the knee into flexion for added comfort to the patient.(fig 1)  
(Fig. 1)



### Technique 2 - Hip Long Axis Distraction application:

1. With the patient supine, wrap the cuff around the patient's ankle as in step 2 of technique 1.
2. Now stand at the end of the patient's leg that you are going to stretch and unclip the side release buckle.
3. Take the strap and wrap it around your waist and close the side release buckle. Adjust the strap so that the patient's ankle is hanging comfortably in your hands in front of you without reaching.
4. With your hands cradling the ankle, lean back using your body weight to apply the distraction to the hip. (Fig. 2)



(Fig. 2)

### Technique 3 - Shoulder Lateral Distraction application:

1. With the patient supine, wrap the cuff around the distal biceps with the loop hanging below the elbow and close the cuff as instructed above in step 2 of technique 1.
2. Sitting at the side of the patient, release the buckle and wrap the strap around the leg furthest from the shoulder you plan to treat and reattach the buckle.
3. As you ER and posteriorly mobilize the shoulder, externally rotate your leg to laterally distract the shoulder joint at the same time (fig 3)



(Fig. 3)

\*\*All techniques are at the discretion and professional judgement of the physical therapist. Performance Rehab Products LLC cannot be held liable for improper use of this product.