

# Cervical Neck Traction Unit

SKU: CTU138

Prefer watching videos?

We've got you covered!

Visit our YouTube @BraceDirect or scan the QR code



## Instructions For Use

**Step 1.** Place device on floor or suitably sturdy flat surface. Make sure cable is completely released, and traction angle is set to lowest setting.

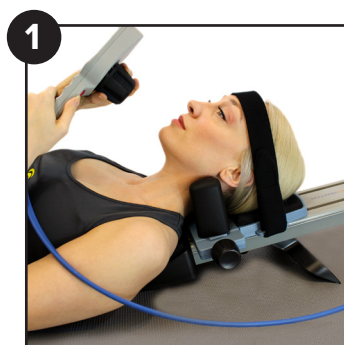
**Step 2.** Lie down carefully, centering your neck in the neck cradle. Adjust neck cradle knobs as needed. Adjust traction angle as specified by physician.

**Step 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.

**Step 4.** Slowly turn cable knob clockwise to slowly increase traction to your comfort level or to pressure specified by your physician.

**Step 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.

**Step 6.** When finished completely release cable and carefully remove head restraint. Repeat warm up stretches.



Still need help?  
**Perfect Fit Guarantee!**

Visit our website or scan the QR code to find out more.

### Care Instructions

- Do NOT immerse in water.
- Use a damp cloth or towel to clean,
- Store unit in a cool, dry place.
- Do NOT dry clean, iron, or bleach.

