



Instruction Manual

Overdoor Cervical Traction Set

Thank you for purchasing the BodyMed® Overdoor Cervical Traction Set. Please read this manual carefully before use.

KIT CONTENTS

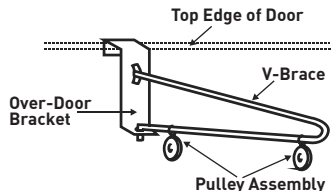
- Hook-and-loop head halter
- 20-lb. capacity water bag
- S-hook
- V-brace
- Pulleys (2)
- Traction cord
- Door bracket
- Spreader bar

ASSEMBLY INSTRUCTIONS

Slide the two pulleys by their hooks onto the V-brace. Connect the V-brace to the door bracket by inserting the horizontally bent end of the V-brace through the raised metal opening on the door bracket.

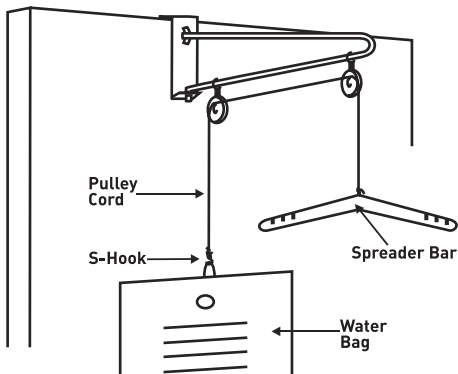
Then squeeze the V-brace slightly and insert the downward bent end into the drilled hole in the bottom of the bracket.

Place the assembled bracket over the top of an interior door (maximum thickness 1-5/8")



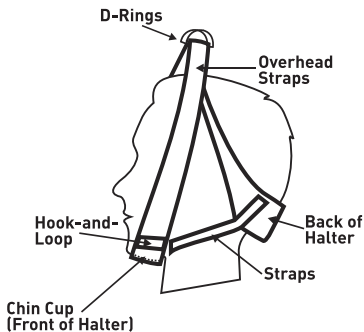
Water Bag Assembly

Use a secure knot to connect the pulley cord to the spreader bar, then thread cord over both pulleys. Connect other end of cord, closest to the door, to the S-hook and attach to water bag.



Head Halter Assembly

1. Pick up the head halter by the two metal "D" rings, holding them with one hand.
2. Place head through the middle, resting chin in the chin cup. The straps hanging at the back of the head should be on the outside.
3. Fasten straps to the hook-and-loop near the chin cup.
4. Adjust size by moving overhead straps up or down at "D" rings.



Instructions for Use

NOTE: This product is intended to be used for cervical traction under the direction of a physician or authorized healthcare professional. **DO NOT ATTEMPT TO USE THIS TRACTION SET ALONE.** A second person must act as an assistant to engage the traction and monitor the user.

1. Make sure you confirm the weight prescription and the duration of treatment. Fill the water bag to the prescribed weight, seal it, and set it on the floor beneath the pulley assembly.
NOTE: Don't use this set if more than 20 lbs. is required for therapy.
2. Thread one end of the traction cord through the center hole of the spreader bar and tie a secure knot. Check to make sure it is secure. Thread the other cord end over both pulleys, toward the door brace.
3. Tie the loose end of the cord to the S-hook. Check to make sure it is secure.
4. Connect the S-hook to the wire ring on weight bag.
5. Unfasten the side straps of the head halter. Place the halter over the top of your head so that the straps are hanging down the back of your neck.
6. Place your chin in the padded chin rest. Holding it in place, use your other hand to grasp a metal D-ring and raise it upward over your head. Then use the opposite hand to grasp the opposite D-ring and raise that one above your head. Hold both D-rings together with one hand. Use your free hand to adjust the head halter so that the chin strap is positioned in front of your ears and your head is resting on the back portion of the halter. Fasten each end of the side strap to the hook-and-loop material along the jawline, making sure the strap is behind the ear.
7. Place the metal D-rings of the head halter into the notches on each side of the spreader bar. The various notches create various degrees of tension. Make sure the head halter is firmly in place and comfortable. Adjust as necessary.

8. The assisting person should make sure the user is comfortably seated in a chair under the traction set, with the head halter securely attached. Then they must slowly and carefully engage the traction treatment. If the user experiences any pain or discomfort, stop immediately and reassess.
9. From time to time, the assisting person should ask the user if he/she feels any discomfort from the traction halter or due to the weight. Upon completion of the treatment period, the assisting person must relieve the halter pressure by pulling the spreader bar downward and removing the metal D-rings from the notches. It is now safe to remove the head halter.
10. Empty the water bag and leave it unsealed so that it can dry completely. Once dry, it should be rolled or left flat for storage. Do not fold it. The head halter can be washed by hand and line dried. Do not machine wash.

Distributed by BodyMed®
Hudson, OH 44236
1-866-528-2152

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