



## *Over-Door Cervical Traction*

Model #: \_\_\_\_\_  
Serial #: \_\_\_\_\_  
Date: \_\_\_\_\_

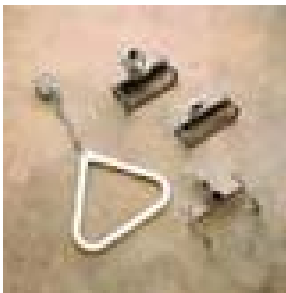
Provider Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Contact Person: \_\_\_\_\_

### **Brief description:**

Overdoor cervical traction allows for a very user-friendly method for applying therapy in the home. This home therapy method is helpful in allowing the user to be active while between therapy sessions, without the chore of making multiple daily visits to their therapist. Once set-up, this form of traction is a simple method of self-administered cervical therapy.

The Over Door Traction Kit comes as a complete package and ready for installation. This kit includes: a traction door bracket, spreader bar, traction rope, pulleys and hooks, water weight bag and a head halter made of comfortable material and designed for vertical traction.

**Clamp &  
Bracket**



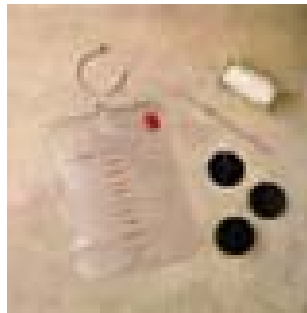
**Spreader  
Bar**



**Traction  
Rope**



**Water weight  
Bag**



### **Setting up your equipment:**

- Slide the traction door bracket and pulleys over the top of a **sturdy** interior door.
- Fill the water weight bag to the prescribed level. **This water level or weight is determined by your doctor and must match that prescription. Do not vary from this prescribed amount without consulting your physician.**
- Thread the traction rope through the pulleys. Attach the end nearest the door to the water weight bag and the other end to the center of the spreader bar.
- Position the head halter and adjust as per the instructions given to you by our representative.
- Seat yourself in a straight back chair directly below the front pulley on the spreader bar. Hook the “D-rings” from the head halter into the slots on the ends of the spreader bar.
- Check to see that the head halter is positioned correctly to provide the proper pull to the neck (there should be more pulling pressure to the back of your head than there is under your chin).

### **Using your equipment:**

Sit and relax. Stay in this position for the amount of time prescribed by your physician. In order to receive full benefit from this therapy, the pulling force needs to be applied without any interruptions. This will allow the muscles in the affected area to relax and stretch. It is this stretching of the muscles that allows for separation of the vertebrae and relief from compressed or pinched nerves. Any interruption in the therapy may cause pain and muscle spasms.

### **Safety issues:**

If you develop any abnormal pain, or if you have any questions concerning the traction device itself or the therapy it provides, please call our office immediately.

**Please contact your equipment provider for any questions, adjustments, or repairs.**

Your local provider:



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