Recommended For Use

The ComforTrac Cervical Traction Device is intended to treat a musculoskeletal or neurological impairment of the cervical spine to relieve pain, relax muscle spasms, and decompress spinal structures.

Not Recommended For Use

Cervical Traction should be avoided in any condition of the cervical spine where movement can aggravate the condition or result in spinal instability, spinal injury and/or nerve root injury at risk for causing paralysis or ischemia.

Setup

Step #1
Determine body weight. Tension should be up to 7% - 10% of body weight.

Step #2
Determine the amount of neck flexion that is necessary and adjust the traction machine accordingly:

- Upper cervical region = 10 degrees (slide stand in upper most position)
- Middle cervical region = 15 degrees (slide stand in middle position)
- Lower cervical region = 20 degrees (slide stand in lower most position)

Step #3
Remove any jewelry (especially earrings), eyeglasses, and anything else in the cervical region that may get in the way or create discomfort. Loosen the shirt collar or change into a gown in order to better expose the neck region. (Cervical traction is only effective if applied when the traction unit is in direct contact with the skin of the neck, not over clothing.)

Step #4
Lay supine (on your back) on the treatment table with the neck between the neck wedges of the cervical traction device. Adjust the neck wedges appropriately so that they are snug around your neck. If necessary sit up and adjust the neck wedges and then lie back down.

Step #5
Use the hand pump to increase pressure to appropriate level. (Please refer to the protocols within this section for guidelines on the tension amount and the treatment time for specific diagnoses.)

Suggested Settings

Acute Cervical Pain

General:

- Tension: 10 - 20 pounds
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes

Sessions Per Day: 1-3

Chronic Cervical Pain

General:

- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 2-4 minutes on, 1 minute rest)
- Treatment Time: 10-15 minutes

Sessions Per Day: 1-3
Capsulitis of Cervical Spine Joints
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 2-4 minutes on, 1 minute rest)
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Cervical Spondylosis
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Facet Joint Dysfunction
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 1-2 minutes on, 30 second rest)
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Headaches
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 2-4 minutes on, 1 minute rest)
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Herniated Cervical Disc
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Osteoarthritis or Degenerative Disc Disease (DDD)
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Joint Hypomobility - Cervical Spine
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 2-4 minutes on, 1 minute rest)
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Muscular Spasm of Cervical Muscles
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Radiculopathy
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Whiplash
General:
- Tension: 10 - 30 pounds (may be increased up to 7-10% of patient body weight)
- Tension type: Sustained tension
- Treatment Time: 10-15 minutes
Sessions Per Day: 1-3

Disclaimer
Your physician or therapist possesses technical knowledge about the Comfortrac Cervical™ device and is familiar with your specific condition and requirements. Always follow the instructions of your physician or therapist to gain the most benefit from your Comfortrac Cervical™ device.

For more information visit www.comfortrac.net