



CERVICAL TRACTION

Provides traction to the cervical region of the spine.

Goal of therapy: Separate the cervical vertebrae to relieve pressure.

UNIT CONSISTS OF:

- HANGING BRACKET
- ROPE
- WEIGHT BAG
- SPREADER BAR
- HEAD HALTER

SETUP:

1. Patient must have prescription.
2. Place hanging bracket on door.
3. Thread rope through pulley on hanging bracket.
4. Connect spreader bar to rope hanging furthest from the door.
5. Fill weight bag to poundage prescribed by physician.
6. Sit in chair facing door or away from door, depending on physician's prescription.
7. Put head halter on and connect it to the spreader bar (pull rope taut to simulate traction).
8. Attach weight bag to rope closest to door and ease weight down slowly, applying traction.

CAUTIONS:

1. Follow instructions on the prescription. If information is not complete, physician should be consulted.
2. Do not deviate from the plan of treatment without consulting physician.