

Air Neck Traction

www.AirNeckTraction.com

1-800-598-6416

The AirNeckTraction is light and portable, using a powerful and dynamic neck collar with a wide range of of traction adjustabilty and fits both small and large sizes for improved comfort, versatility and quality not found in other products. Latex Free!



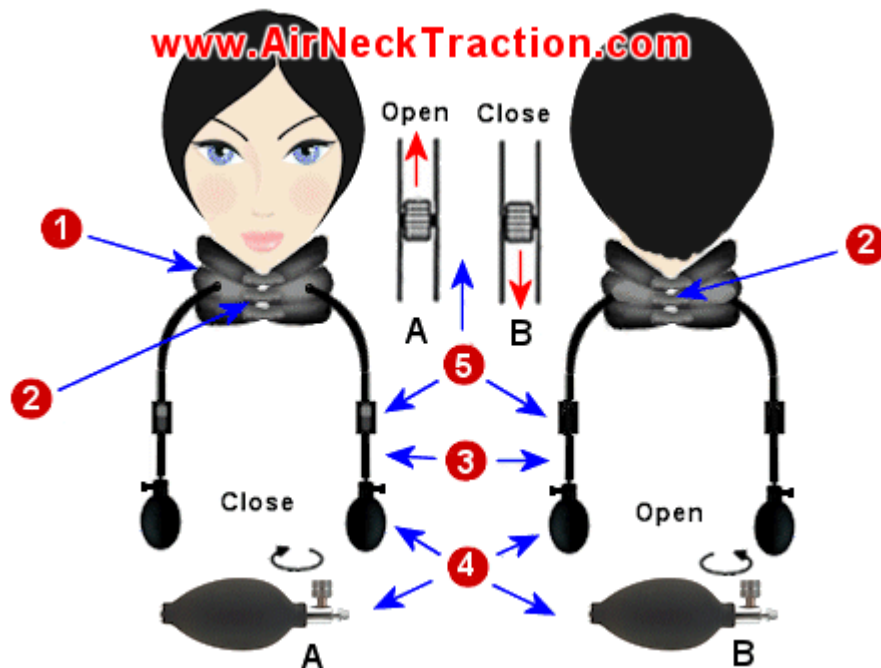
The Air Neck Traction is constructed of strong inner chambers which are thicker than copycat products for durability and performance and soft, comfortable fabric covers. The left and right sides can be inflated independently for complete control and support, accommodating a wide range of traction variables.

The Air Neck Traction system is indicated for muscle tension and tightness, neck pain, osteoarthritis, pinched nerves, tension headaches, swollen discs, supporting the neck in correct alignment, and for degenerative discs or joints. Consult a medical professional in the case of preexisting conditions.

Air Neck Traction is an air-pressurized neck traction product that enables you to care for yourself anywhere life takes you. It is a popular air operated device for neck traction made with soft cloth contact areas for comfort. It is fully portable and easy for people on the go. By means of its several built-in air chambers, the Air Neck Traction produces a powerful yet gentle, gradual traction that is fully adjustable.

Recommended by professionals for versatility and effective ranges of applications to accommodate scoliosis and antalgic postures.

Instructions For Use:



1. Air Chambers (3 each side)
2. Adjustable Velcro Straps & Buckles (3 front 3 back)
3. Air Tubes
4. Inflation Bulb & Valve
5. Roller Valve (Blocker Valve)

The Air Neck Traction should first be used at low pressure for 5-10 minutes, slowly increasing up to 20-25 minutes, 2 to 3 times daily.

1. Attach rear velcro straps and place Air Neck Traction around neck with tubes and inflation bulbs in front. Adjust the inflatable layers for correct shape and position then fasten the velcro straps in front. Use a mirror to help.

2. Sit up straight, and rest your back in a chair. Keep your head pointed straight ahead looking out at eye-level. Make sure the roller valves are open and the pump valve is closed, pump the inflation bulbs until you feel a light stretch of the neck. Let the back of your head rest comfortably back inside the unit. Relax your muscles. Pump it again in gradual increments, until you feel a pleasant stretch. You may continue to pump left and right sides until you achieve the right traction angle and right amount of stretch and/or relief according to comfort level or as prescribed by your doctor. You may adjust Air Neck Traction on your neck if needed until comfort and relief are attained, however, do not use the air tubes to adjust the unit or damage will result. When the right amount of traction is achieved, close the roller valve to prevent any air leakage.

3. When finished with your treatment session, make sure roller valves are open, unscrew the hand bulb valves and release the air. After the air has released enough, remove the device and you may hold the buttons on the valve down while gently pressing out the remaining air. Place in carry case.

4. When you become used to it, the device can be used 2-3 times a day for a maximum of 20-30 minutes each time, but only 3-5 minutes for higher levels of traction. Use at your own convenience while watching TV, working on computers, reading, traveling, reclining or relaxing, etc.

To use while lying down, position a pillow under the head creating a space for the product behind the neck for comfort.

IMPORTANT:

1) Do not overinflate! The traction device has bladders inside which can burst if overinflated. The Air Neck Traction is designed to be used gradually and to tolerance. It provides a great amount of traction force and there is no need to inflate it to maximum level for normal use.

2) Do not adjust the AirNeckTraction unit by pulling on the tubes! Adjustment should be made using the velcro straps and by moving the cloth layers of the air chambers. Pulling on the tubes will cause damage to the unit which is not covered under warranty. Avoid sharp objects or forceful handling of AirNeckTraction during use.

3) Do not sleep with it on or use with recent neck injury. If you experience pain during use, discontinue and consult your doctor.

4) Relax as much as possible during use. A hot pack or hot shower to the neck before use may help relax muscles and increase benefits. If discomfort occurs during use, deflate the neck traction slowly and adjust angle and pressure until discomfort disappears, then try again. Always keep in protective carry case when not in use.

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