

Neck Traction Pillow

Just place the inflated Neck Traction Pillow under your neck with the cutout ("V") in the upright position and adjust it to your personal comfort level. It can also be used as a back (lumbar) support pillow to help ease lower back tension while driving or in your favorite chair. When your done, it fully deflates flat and can be folded for easy storage and travel.



The Neck Traction Pillow can be used to help to relieve neck tension and headaches. Just place behind your neck and feel the support for tired muscles. The ergonomic design allows the air pillow to be used for posture correction as you lay on your back and enjoy a mild traction.

When used in this manner, the Neck Traction Pillow creates a stretch in the direction of your normal neck curve which can improve movement, relieve neck muscle tension, and assist in the correction of reduced or reversed neck curve. Just lay flat on your back on a comfortable floor with your legs extended and arms by their sides. A natural stretch is created as the head tilts back towards the floor..

You can start with the pillow underinflated and gradually progress to higher inflation levels to provide more traction. You should start with a 10 minute session and gradually work up to 20 minutes. In the beginning you can do this before bed, however, depending on your neck condition, you can work up to three 20 minute sessions per day. After your traction stretching session, you should roll sideways off the pillow to remove it from behind your head. After removal, you may also relax lying flat on the floor (on your back) for 1 minute before returning to your normal activities.

AirNeckTraction.com