

# Instruction Manual

## Home Cervical Traction Device

  
**ComforTrac**



  
**ComforTrac**



ComforTrac  
PO Box 3800 | Oakton, VA 22124  
703.891.0455  
info@comfortrac.net | www.comfortrac.net



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## Letter to the User

Please read this instruction manual carefully before using your *ComforTrac Cervical™* device. The clear and concise instructions on the following pages will show you how to use and care for your *ComforTrac Cervical™* device.

***NOTE: Please read the information and precautions in this manual before using the ComforTrac Cervical™ device.***

***Always consult your physician or therapist if you have specific questions or problems regarding the use of your ComforTrac Cervical™ device.***

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.

## How the ComforTrac Cervical™ Device Works

Your ComforTrac Cervical™ is a traction device that provides home cervical traction in an effective, comfortable, and proper way. It is designed to replicate traction treatment you may receive from a physical therapist or clinician. The ComforTrac Cervical™ is designed to use traction to relieve chronic or acute pain. It is important that the treatment recommendation from your clinician be based on a trial of the ComforTrac Cervical™, and not another traction device. This will ensure that your clinician's recommendations are precise with regard to treatment force (shown on the gauge as 'pounds/kgs of force'), usage, position, and treatment duration.

Your practitioner or therapist may provide you with directions on the proper mode of ComforTrac Cervical™ operation for your condition. Do not deviate from his/her directions.

It is important to understand that pain is a symptom of an underlying condition, and the ComforTrac Cervical™ has no curative effect on the cause of your pain. Therefore, home cervical traction is not a substitute for proper medical evaluation and treatment.

**Caution:** *A slight stretching sensation and/or some mild discomfort may occur during the use of this traction device. However, at no time should you feel any pain. If pain is increased in your neck, arms or upper back, or if you experience nausea, dizziness, or any other type of pain or discomfort, immediately discontinue the use of this traction device and seek the counsel of a medical professional and/or your health care provider. Do not begin to reuse this traction device until you have consulted your health care provider.*

The application of excessive force or the improper application of traction may result in additional injury or may aggravate a pre-existing medical condition.

## ComforTrac Cervical™ Device System Components

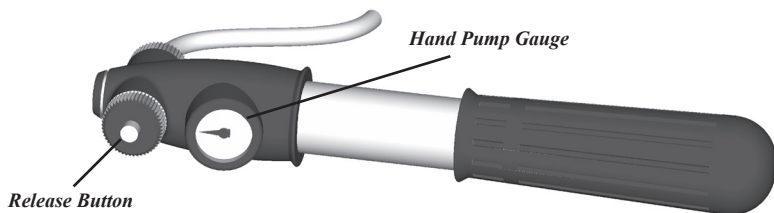


The *ComforTrac Cervical™* System is provided with:

- 1 *ComforTrac Cervical™* Device
- 1 Hand Pump with Gauge
- 1 Instruction Manual
- 1 Neck Cushion

Use **ONLY COMFORTTRAC™** replacement parts.  
Order from ComforTrac at 1.703.891.0455

## ComforTrac Cervical™ Features & Controls



### 1. Hand Pump & Gauge

The supplied pneumatic hand pump adjusts the force of the traction delivered. As you pump air into the chamber of the diaphragm, the gauge indicates the amount of force being applied to your cervical area in ‘pounds/ kgs of force.’

Your clinician or therapist will determine the proper amount of force. **Do not deviate from your clinician’s recommendations.** Doing so may be hazardous to you and your medical condition.

The numeric values on the hand pump gauge correspond to the force being applied to your cervical area, by way of the traction slide.

The hand pump includes a release button that releases the head carriage into neutral position. The release button may also be used to assist in intermittent traction.

**Note: In an emergency, fully depress and hold the release button until traction device is in neutral position.**

### 2. Head Carriage

The head carriage provides comfortable head and neck support and travels along the traction rail.

### 3. Forehead Strap

The forehead strap adjusts to fit over your forehead to help ensure proper head positioning.

### 4. Diaphragm

The diaphragm moves the head carriage along the traction rail.

### 5. Neck Wedges

The neck wedges manually adjust (5 positions) to comfortably fit the back of the head and neck. Your clinician or therapist will determine the proper neck wedge setting. The wedge cap (included) can be used for a more custom fit. **Do not deviate from your clinician’s recommendations.**

### 6. Adjustable Slide Stand

The slide stand effortlessly adjusts to provide traction at 10°, 15° and 20°.



## Notes on Cervical Traction and the *ComforTrac Cervical™* Device

### 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.

### **DO NOT USE IF YOU HAVE THE FOLLOWING CONDITIONS:**

Spinal stenosis  
Curvature of the spine  
Pregnancy  
Contraindicated for fractures  
Direct trauma to spine  
Disc fragmentation  
Pelvic trauma

For centuries, neck and upper back pain have been effectively treated using cervical traction.

New medical innovations, particularly the development of the *ComforTrac Cervical™* have helped bring cervical traction technology into the 21<sup>st</sup> Century; utilizing efficient product design and quality material components.

Today, patients can receive cervical traction (stretching) in a safe, comfortable and effective manner from the convenience of their own home, work place, or on the road. While lying on their backs, patients can receive easy to use and relaxing treatment for their neck and upper back pain.

## Getting Started

### Prior to Use

Carefully read and familiarize yourself with the directions enclosed. Pay particular attention to the following items:

- \* recommended traction force (remember traction should never cause you pain)
- \* recommended traction duration for each treatment
- \* recommended hold and relax times for intermittent traction application (if prescribed). Prior to use, remember to have a watch readily accessible to time your treatment
- \* recommended number of traction treatments daily or weekly
- \* recommended neck wedge positioning (Settings 1 - 5)
- \* device should be returned to ambient temperature if stored over 100°F or below 50°F

### Assembly

No assembly required.

### Set-up

Place the *Comfortrac Cervical™* on a firm, flat, non-slippery surface (a carpeted floor will provide the most comfort). Make sure you have enough space to lie down in a fully extended position and that the device is not resting on top of the pump hose.

Make sure the neck wedges are positioned according to the recommendations of your clinician or therapist. (Settings 1 - 5)

Loosen adjustable forehead strap.

## Using the ComforTrac Cervical™ Device

1. Lie down on your back placing your neck between the neck wedges. Ensure that the head carriage is in the starting position by pressing and holding the release button and applying gentle downward pressure to the head carriage with your hand.

2. The neck wedges should comfortably cradle your neck. Adjust the neck wedges according to the recommendations of your clinician or therapist.

3. Place forehead strap around your forehead and adjust for a snug fit.

4. Reposition your body so that the base of your head fits firmly between the neck wedges, such that there is no gap between your head and the neck wedges. Ensure that the head carriage is in the starting position by pressing and holding the release button.

5. Begin gradually pumping until the recommended amount of traction force has been reached. Monitor the hand pump gauge making sure never to exceed the amount of traction force prescribed by your health care professional.

6. Stop pumping when the recommended amount of traction force has been attained, the hand pump will hold the pressure automatically.

*Note: If traction force reading drops, it was probably caused by head movement, head repositioning, or unit movement. To rectify slowly pump back to the desired traction force reading, then relax.*

*Note: Should you pump beyond your recommended traction force, depress and hold the release button immediately.*

7. After you have reached your recommended traction force begin timing your traction treatment as prescribed by your health care provider.

*Note: In an emergency, fully depress and hold the release button until traction is in neutral position.*

8. After the traction treatment is complete, press the release button to release the traction.

9. Release the forehead strap. Relax for a couple of minutes before removing your head from the ComforTrac Cervical™.





## Care for your ComforTrac Cervical™ Device

The *Comfortrac Cervical™* is designed to give you years of safe and effective traction treatment.

### Cleaning

Use only mild detergents to clean the *Comfortrac Cervical™*.

### Troubleshooting

The *Comfortrac Cervical™* features a high quality gauge designed to be extremely accurate.

If traction force reading drops, it was most likely caused by head movement or repositioning. To rectify, slowly pump back to the desired traction force reading.

### Storage

Store your *Cervical™* in a cool, dry place. Should the temperature of the unit exceed over 100°F or below 50°F, return to ambient temperature before operating.

## **Warranty Information**

ComforTrac, Inc. warrants your *ComforTrac Cervical™* Device to be free from defects in workmanship and materials for a period of three (3) years from the date of shipment from the factory. ComforTrac, Inc. will repair or replace, at its factory, any devices found to have become defective within the warranty period.

This warranty does not apply to accessories nor does it apply to units that have been damaged due to misuse, or repaired or altered other than by ComforTrac, Inc. at its factory.

This warranty is in lieu of any other warranties expressed or implied. No person or entity is authorized to bind ComforTrac, Inc. to any representation of warranty other than those specifically set forth herein.



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**ComforTrac**

The logo graphic consists of two curved lines, one red and one blue, arching over the text "ComforTrac". The word "Comfor" is in a red, serif font, and "Trac" is in a blue, italicized serif font.

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