

# Neckpro® II

## Fabtrac® overdoor cervical traction

REF 00-4395

### instructions for use

**ATTENTION:** Use as directed by your licensed medical practitioner to be sure you have no medical or physical condition which could preclude its use. Use only according to the instructions below. DO NOT modify or disassemble the product as this can alter the function of the device. Keep away from children.

The Adjustable Door Bracket fits standard doors measuring 1 $\frac{3}{8}$ " , 1 $\frac{1}{2}$ " , 1 $\frac{3}{4}$ " , and 1 $\frac{5}{8}$ " (35.1mm, 38.1mm, 41.3mm, and 44.5mm).

**Step 1:** Determine the EXACT width of your door. Set the bracket to your door width by inserting the pin into the correct hole with your door width marked. You may need to adjust the bracket so that all of the holes line up for your door width. \*Note: If the bracket does not fit your door securely, contact your supplier for additional instructions.

**Step 2:** Once the bracket door width is set, place it snugly on top of your door. Close your door to secure it in place.

**⚠ WARNING:** DO NOT use the device WITHOUT the door being closed and latched completely!!!

**Step 3:** Press up on the release tab to allow the rope to move freely. Lower the head harness to the length needed when you are sitting down.

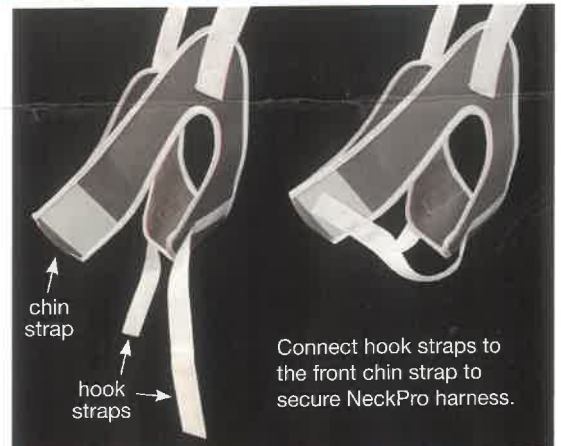
**Step 4:** Position chair so that the back is pushed against the door. Sit on the chair with your back firmly against the back of the chair.

**Step 5:** Apply the harness to the back of your head and chin (as illustrated). For comfort, position chin strap so that it embraces the forward structure of the chin in a cupping or concave manner. Pull hook strap forward and attach it to the loop patch. Repeat on both sides of the chin strap. Ensure that the harness fits snug at the back of the neck and chin, and that the hook straps and loop patches are securely fastened.

**Step 6:** Once the harness is properly secured to your head, pull the white cord slowly using the black knob, removing the slack from the harness. When you sense the first tug, or lift, begin counting clicks. Ease your pull after each click to get an accurate feel of traction/tension before increasing. Each click equals approximately 2 lbs (0.9 kg) of traction/tension pull. The device will not allow more than 25 lbs (11.4 kg) of traction.

**To Release/Remove** the harness, press up on the release tab (allowing the rope to move freely), grasp the ends of the harness hook straps, pull back and up behind the ear for quick and easy removal.

**Recommended Regimen:** Apply traction to level where relief is achieved. Hold at that level for 5 minutes. Release and then apply again for an additional 5-10 minutes. This can be done as many times as needed during the day to obtain pain relief or as directed by your licensed medical practitioner.



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