

FabTRAC[®]

CERVICAL TRACTION UNIT

Instructional Guide

FABTRAC[®] CERVICAL TRACTION UNIT

The FabTrac[®] Cervical Traction Unit is an effective treatment option for neck pain or other associated neck conditions.

The device features a two-pulley system to administer easy, gradual tension for cervical traction treatment.

Continue your physical therapy exercises in the comfort of your own home. This device fits onto most standard doors seamlessly.

⚠ ATTENTION:

Use this product **ONLY** as directed by your licensed medical practitioner to be sure you have no medical or physical condition which could preclude its use.

Use this product **ONLY** according to the instructions outlined in this guide.

DO NOT modify or disassemble the product as this can alter the function of the device.

Keep the product and its components out of reach from children.

⚠ WARNING:

DO NOT use the device without ensuring the designated door is closed and latched completely.



SETTING UP THE FABTRAC® OVERDOOR CERVICAL TRACTION UNIT

KIT COMPONENTS:

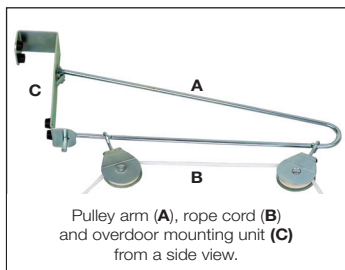
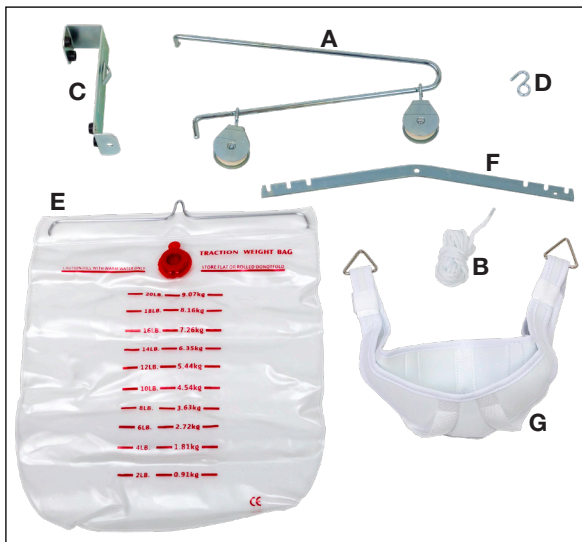
- Pulley arm (A)
- Rope cord (B)
- Overdoor mounting unit (C)
- S-hook (D)
- Water bag (E)
- Adjustable spreader bar (F)
- Head halter (G)

ASSEMBLY INSTRUCTIONS

1. Unpack the box and remove components from polybags. Double-check that your kit contains all the necessary components (pictured).
2. Lay the **pulley arm (A)** on a flat surface. Slide the two pulleys into their respective slots.
3. Thread the **rope cord (B)** through each of the two pulleys so each end is even and hangs loosely.
4. Attach the pulley arm with rope cord to the **overdoor mounting unit (C)**. To do so, hold the overdoor mounting unit parallel to the pulley arm. Then, insert the horizontally-bent end of the pulley arm into the raised metal opening on the overdoor mounting unit. The pulley arm has a raised nub at the attachment site; turn the overdoor mounting unit to lock it in place.

Now, squeeze the open end of the pulley arm to slide it into its corresponding slot on the overdoor mounting unit. When assembled correctly, the pulley arm should be securely attached to the overdoor mounting unit.

5. Place the assembled overdoor mounting unit over the top-center of an interior door. Then, secure the door shut.
6. Tie the end of the rope cord closest to the door to the closed end of the **S-hook (D)**. Use a secure knot. Test the strength of the knot by pulling against it. The knot must support the water bag. The rope cord must hold the water bag at neck height during treatment.
7. Fill the **water bag (E)** with the prescribed amount of water. Seal the bag.
8. Connect the ring on the top of the filled water bag to the open end of the S-hook. Test the strength of the knot again.
9. Tie the front loose end of the rope cord to the middle hole of the **adjustable spreader bar (F)**.
10. Flip to the back of this instructional guide for steps on securing the **head halter (G)** onto the user.



USING THE FABTRAC® OVERDOOR CERVICAL TRACTION UNIT

NOTE:

Before use, make sure knots are tight, the rope cord is not frayed and is correctly aligned with the pulleys, and the hardware is secure.

HOW TO USE

1. Depending on the treatment, the user should stand OR grab a chair and face it towards or away from the door. If neck extension is prescribed, face away from the door. If neck flexion is prescribed, face towards the door.

NOTE: It is recommended to have an assisting person help with the treatment.

2. Sit or stand directly underneath the adjustable spreader bar. The head halter should be securely fastened on. (Refer to the back page for instructions on securing the head halter.)
3. Attach the head halter to the adjustable spreader bar. To do so, hook the curved part of each triangle ring onto one of the three notches on the adjustable spreader bar. Both the left- and right-side triangle rings should be placed inside the same corresponding slots (inner, center, or outer). Rest your chin in the head halter as the treatment is applied.
4. Continue the traction treatment for the prescribed amount of time. The user should remain still throughout treatment.

NOTE: If the user feels discomfort at any point, stop treatment immediately and reassess. During treatment, the assisting person may periodically ask the user if they are experiencing any discomfort.

5. Once treatment is complete, lift and remove the water bag to relieve pressure on the user's head. Gently pull down the adjustable spreader bar and remove the metal triangle rings from their notches. Detach the hook-and-loop fastener on the head halter and remove the head halter.
6. Empty the water bag and leave it unsealed, so it can completely dry.



SECURING THE HEAD HALTER ON THE USER

APPLICATION INSTRUCTIONS



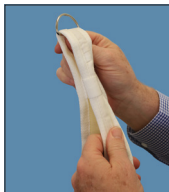
1. Using one hand, pick up the head halter by the metal triangle rings, so the hook-and-loop straps are closest to you.



2. Lift the hook-and-loop straps over the user's head and place their head through the top of the head halter. The straps should be on the back exterior of the head halter.



3. Position the head halter so the user's chin is resting on the chin cup. Secure the hook-and-loop straps to the bottom of the chin cup.



4. Adjust the size of the head halter by moving the overhead straps up and down at the triangle rings. Ensure the user is comfortable before use.

CLEANING AND MAINTENANCE

DISASSEMBLY

1. After use, remove the water bag and empty the water from it. You may use a mild soap and water solution to rinse out the inside of the water bag.
2. Allow the water bag to fully dry prior to storing. Once the water bag has dried, roll up the bag or store it flat. Do not fold the bag.
3. Remove the hardware from the door. The rest of the components may be kept assembled. You may store the product inside of its original packaging.

CLEANING

1. Hand-wash the rope cord. The head halter is machine-washable. Allow the rope cord and head halter to fully air-dry before storing. Do not put the rope cord or head halter in a dryer.
2. Use a clean, soft cloth with a mild soap and water solution to clean the other components. Use another clean, soft cloth to fully dry all components. **Do not use harsh chemicals or bleach to clean the cervical traction unit.**



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