

Model #: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Serial #: \_\_\_\_\_

Phone #: \_\_\_\_\_

Date: \_\_\_\_\_

Contact Person: \_\_\_\_\_

**Brief description:**

Home use for pelvic traction is prescribed by a physician to compliment a therapy program designed to relieve pain in the lower back, hips and legs normally associated with low back disorders. This pulling action on the pelvic region can also aid in the reduction of muscle spasms and help with the objective to properly align the lower vertebrae of the back.

This Pelvic Traction Kit is delivered as a complete package including a pelvic belt made of a strong yet comfortable material, spreader bar, ropes, pulleys, weight bag and either adjustable mattress clamps or an adjustable floor stand.



**Setting up your equipment:**

- Your dealer will deliver the equipment and set it up as prescribed by your physician.
- The type of bed being used for traction will determine if a floor stand or mattress clamps are used.
- Your dealer will demonstrate the therapy method prescribed and show you how to properly apply the pelvic belt.
- In order to apply this traction, you will need to wear a properly fit pelvic belt that will fit quite snugly around your hips. This belt has long straps on both sides that attach to the spreader bar and then through a series of ropes and pulleys attach to the frame and the weight bag.
- The weight bag will need to be filled with water to the prescribed level. Do not deviate from this prescribed treatment without consulting your physician.

**Using your equipment:**

Pelvic traction is applied as you lie in a horizontal position on your back. The pulling action is best done at an angle ranging from a minimum of 30 degrees to a maximum of 45 degrees. This angle provides for a better separation of the vertebrae, which relieves compression and pinching of the nerves in the back. Proper flexing of the hips during traction also helps to allow the pulling action to effect better separation of the discs in the proper place.

**Using your equipment continued:**

Because of the weighted pulling action during this therapy, you may find yourself being pulled down to the end of the bed. This can be corrected in different ways, depending on the type of bed being used:

- a) Hospital bed: Elevate both the knees and the head to put your lower back and pelvic region into a pocket of support.
- b) Home bed: Flex both your knees and hips by placing a blanket roll or pillow under your knees. In certain cases it's possible to elevate the footboard of the bed itself by propping it up with blocks or bricks. This latter method should be done carefully in order to insure a safe environment for all around.

Lie in bed and relax. Stay in this position for the amount of time prescribed by your physician (usually several days). In order to receive full benefit from this home therapy, the pulling force needs to be applied as prescribed and without any interruptions. This will allow the muscles in the affected area to relax and stretch.

It is this stretching and pulling of the muscles that allows for proper separation of the vertebrae and provide relief from compressed or pinched nerves. Frequent interruptions other than for personal hygiene, may cancel out any possibility for positive results and possibly cause greater pain and discomfort.

**Safety issues:**

Don't wear the pelvic belt too high around the waist. Proper positioning should be just an inch or two above your hipbones. Wearing the belt too high will either negate any treatment or could possibly cause pain and discomfort.

Do not deviate from the amount of water in the weight bag. This is a prescribed level by your physician.

If you develop any further pain or discomfort in your lower back, or if you have any questions concerning the traction device itself or the therapy it provides, please call our office immediately.

**Please contact your equipment provider for any questions, adjustments, or repairs.**