**Over-Door Cervical Traction**

| Model #: _______________________ | Provider Name: ________________________ |
| Serial #: _______________________ | Phone #: _______________________________ |
| Date: ___________________________ | Contact Person: _________________________ |

**Brief description:**

Overdoor cervical traction allows for a very user-friendly method for applying therapy in the home. This home therapy method is helpful in allowing the user to be active while between therapy sessions, without the chore of making multiple daily visits to their therapist. Once set-up, this form of traction is a simple method of self-administered cervical therapy.

The Over Door Traction Kit comes as a complete package and ready for installation. This kit includes: a traction door bracket, spreader bar, traction rope, pulleys and hooks, water weight bag and a head halter made of comfortable material and designed for vertical traction.
Using your equipment:

Sit and relax. Stay in this position for the amount of time prescribed by your physician. In order to receive full benefit from this therapy, the pulling force needs to be applied without any interruptions. This will allow the muscles in the affected area to relax and stretch. It is this stretching of the muscles that allows for separation of the vertebrae and relief from compressed or pinched nerves. Any interruption in the therapy may cause pain and muscle spasms.

Safety issues:

If you develop any abnormal pain, 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.

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