

CERVICAL TRACTION SYSTEM TRACTION KIT W/ NECK ROLL

- Assists restoration of proper cervical lordosis
- Helps alleviate headaches and neck pain
- Easily adjust weight bag by adding or removing water bottles
- Firm, positioning cervical roll helps support natural curve of the neck
- Helps ease pain and discomfort associated with cervical spine issues
- No-mess, heavy-duty traction weight bag holds up to 5 (16.9 fl oz) filled water bottles



INCLUDED IN TRACTION KIT

- Head Harness | PRO-998
- Foam Neck Roll | ROL-314
- Ballistic Nylon Weight Bag | PRO-1002



IDEAL PHYSICAL THERAPY EXERCISE

Many daily activities affect our posture, placing the head and neck in a detrimental forward head position. This can be attributed to looking down at handheld devices, sleeping with the head excessively elevated, poor posture, or an acute injury such as whiplash. Using this traction system helps relieve neck and shoulder pain, tension, stress, pressure, muscles spasms, and numbness of the cervical region.

Using the Cervical Traction System with Neck Roll, under the direction of a health care professional, provides the head and neck with therapeutic traction to help reduce tension on the anterior cervical spine. Cervical Neck Traction is an ideal physical therapy exercise to help relieve chronic neck pain and discomfort.

EASY TO USE AND ADJUST

The firm, precision cut foam positioning cervical roll provides gentle rotational traction to the neck, placing it in a proper position to help reestablish a diminished cervical curve. The adjustable traction weight bag is constructed of durable ballistic nylon, and features a heavy-duty zipper to easily add or remove weight. The head harness gently cradles the head and secures it in proper position for cervical traction. The harness is comfortable against the skin and adjustable to accommodate different sized heads.

SPECIFICATIONS

Product Selection: Core® Cervical Traction System, Traction Kit w/ Neck Roll, Black PRO-1003

Product Weight: .548 lbs

Dimensions: 15" x 14"
Packaged: 16" x 8" x 7"

Materials: Polypropylene webbing, Resin-coated metal hook, Poly-cotton twill, Polyurethane foam, Ballistic nylon

Case Quantity: 1

Case Dimensions: 16" x 8" x 7"

Case Weight: 3 lbs

Latex: This product is not made with natural rubber latex

Country of Origin: Made in USA

California Residents Only:

⚠️WARNING: Cancer and Reproductive Harm – www.P65Warnings.ca.gov

CERVICAL TRACTION SYSTEM TRACTION KIT W/ NECK ROLL



Head Harness
PRO-998

Product Dimensions: 17" x 5"
Product Weight: .1 lbs
Materials: Polypropylene webbing, Resin-coated metal hook
Case Quantity: 6
Case Weight: 2 lbs
Case Dimensions: 16" x 8" x 7"



Foam Neck Roll
ROL-314

Product Dimensions: 13.5" x 3.75"
Product Weight: .2 lbs
Materials: Poly-cotton twill, Polyurethane foam
Case Quantity: 12
Case Weight: 6 lbs
Case Dimensions: 15" x 14" x 22.5"



Ballistic Nylon Weight Bag
PRO-1002

Product Dimensions: 10" x 12" x 3.5"
Product Weight: .198 lbs
Materials: Ballistic nylon
Case Quantity: 6
Case Weight: 3 lbs
Case Dimensions: 11.5" x 11.5" x 3"

INSTRUCTIONS FOR USE

This device should be used only as prescribed and demonstrated by your medical professional. Use for no more than 20 minutes a day.

Use the cervical traction system with neck roll for three minutes a day, increasing by one minute a day until you reach a maximum of 20 minutes a day. Increase weight by adding additional water bottles as directed by your healthcare professional.

Step 1: Begin filling the weight bag with one 16.9 fl oz filled water bottle. (Add additional filled water bottles for more weight, as directed by your healthcare professional.)

Step 2: Attach the water bottle weight bag to the head harness.

Step 3: Lay supine on an elevated firm surface with head extended completely off the surface edge. (Elevated surface must be at least 36" above the floor. ie: table, bench, bed.)

Step 4: Use the cervical roll as a fulcrum to concentrate traction in the area of kyphosis.

Step 5: Place the harness on head with the long strap under the chin and the short strap across your forehead. Lower the water bottle weight bag slowly and carefully. Do not drop.

Remove the unit carefully by lifting the chin strap over the head and lowering the entire unit to the floor. Do not attempt to stand with the unit in place.

