

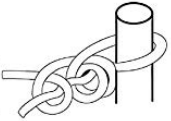
# OVER THE DOOR HEAD HALTER CERVICAL TRACTION KIT ASSEMBLY INSTRUCTIONS

## CONTENTS

- |                   |                              |
|-------------------|------------------------------|
| 1 - door bracket  | 1 - spreader bar with S-hook |
| 1 - v-bar         | 1 - water weight bag         |
| 2 - pulleys       | 1 - head halter              |
| 1 - traction cord |                              |

## READ THESE INSTRUCTIONS

- (1) Unpack box and remove components from bags.
- (2) Place door bracket over top of the center of the door. (Preferably a closet door or one that is little used.)
- (3) Lay the v-bar on a flat surface and thread the traction cord through the two pulleys with the spreader bar at the narrow end of the v-bar and the untied end of the traction cord toward the open end of the v-bar.
- (4) Tie the water weight bag using an appropriate knot that will hold the weight of the bag. Shorten the traction cord so the water bag and the v-bar are about neck high when the user is seated. Then tie the other end of the cord through the S-hook on the spreader bar in the same manner. Fill the water weight bag with the prescribed amount of warm water. Be sure the water bag is properly tied so that it does not slip when being used. The preferred knot is two half hitches (pictured below). Test the knot by pulling against the knot after the water bag is tied.)



- (5) The user should be seated directly below the hanging spreader bar. Face away from the door if neck extension has been prescribed; face toward the door if neck flexion has been prescribed. The user should rest the back of the head on the shorter portion of the head halter with the attached hook and loop straps. Place the chin strap along the bottom front portion of the chin. The hook and loop straps will now secure the rear head support to the chin support. Verify that the head halter with adjusted straps is comfortable to the user.
- (6) Attach the head halter to the spreader bar by hooking the curved portion of the D-ring into the spreader bar notch that is the most comfortable. Place the opposite side D-ring into the same notch (inner, center or outer) on the other side of the spreader bar.
- (7) Apply traction treatment for the prescribed time duration. Once finished, lift water weight bag to relieve pressure on head halter. Detach hook and loop fastener and carefully remove halter from user's head.

## CLEANING AND STORAGE

- Detach water weight bag from traction cord.
- Empty the water from the water bag.
- Rinse inside bag with diluted detergent if desired.
- Allow the bag to dry fully prior to storage
- Roll bag or store it flat. Do not fold it.
- Remove hardware set from door. Can be stored fully assembled.

**⚠ WARNING:** Use this cervical traction kit only under the care of a physician. Read and understand these instructions before assembling or using this cervical traction kit. If you do not understand any part of these instructions, contact a healthcare professional for direction in the use of this product. If the cervical traction kit is not properly assembled and adjusted, personal injury and/or damage to the cervical traction kit could result.

**⚠ WARNING:** If components are damaged or missing, contact your dealer immediately. DO NOT use substitute parts. Use only OTC replacement parts. Non-OTC replacement parts could cause personal injury and/or damage to the cervical traction kit.

**⚠ WARNING:** OTC Professional Orthopaedic assumes no responsibility for any damage or injury caused by improper assembly or use of this product.

