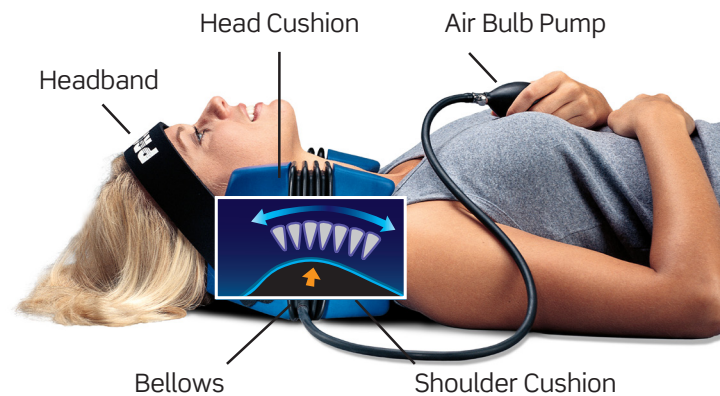


# Pronex Pneumatic Cervical Traction

Patient-controlled pneumatic traction for the management of chronic cervical pain. Pronex traction is designed to maintain the natural curve and alignment of the neck. During traction therapy, Pronex gently stretches neck muscles, realigns vertebral discs, and reduces disc pressure on nerve root tissue. Pronex Traction helps “clamped” neck muscles to gently stretch and relax, enabling misaligned vertebrae (which are pressing down on spinal nerve root tissue) to return to their normal supportive position.

## Easy to use, Comfortable, Non-threatening



Pronex is a prescription device and should only be used if you have received full instruction in its use by a medical professional.

## Recommended for Use:

The Pronex Cervical Traction Device is intended to treat a musculoskeletal or neurologic impairment of the cervical spine to relieve pain, relax muscle spasms, and decompress spinal structures.

## Not Recommended for Use:

Cervical Traction should be avoided in any condition of the cervical spine where movement can aggravate the condition or result in spinal instability, spinal injury and/or nerve root injury at risk for causing paralysis or ischemia.

If you have any concerns about the use of this product please consult your physician.

## Caution:

Federal law restricts sale or use of this device on the order of a licensed medical professional, under the laws of the state where licensed to practice.

THIS PRODUCT CONTAINS NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS.

**Important:** Traction should never cause pain. A stretching sensation or some slight discomfort may be felt during treatment. If pain is increased in the neck, back, arms or legs, or if you experience dizziness, nausea or any other type of pain or discomfort during or after treatment, discontinue use immediately and consult your health care provider before further use.

The Pronex Pneumatic Cervical Traction is covered by one or more of U.S. Patent No.(s) 5,916,185; 5,454,781; 5,441,479. Additional applications pending.

Please check with your physician or healthcare provider if you have any questions about Pronex, including its application and proper use.

# PRONEX<sup>®</sup>

Pneumatic Cervical Traction



## Instructions For Use

*Pronex may be used to:*

- » Reduce cervical pain
- » Reduce the need for costly pain medication
- » Speed return to normal work and social activities

1. Place Pronex on a bed or other flat, firm surface where you can lie down comfortably on your back with knees bent at an angle of 45° and with your feet flat on the bed. Place one or more pillows under your knees. This position has proven to be the most effective.
2. As you lie down, slowly lower the back of your neck until it is cradled in the U-shaped curve of the soft blue head piece. At the same time, gently spread the sides of Pronex slightly apart to prevent folding or pinching of your ears. The concave underside of the unit should rest against your shoulders.
3. It is important to relax and take several slow deep breaths, with emphasis on smooth exhalation. Allow time for your neck muscles to relax and settle into the concave shape of the head piece. This simple step ensures the most effective traction and keeps Pronex comfortable and snugly in place.
4. Place the head strap over your forehead, just above your eyebrows, securing the head strap to the Velcro on both sides of the head piece. Your head should be comfortably secured. Now you're ready for the next step.
5. Staying relaxed, squeeze the air bulb pump until you begin to feel a firm stretching sensation in your neck. Release air pressure by turning the screw valve on the bulb counter-clockwise to about three-quarters of a full turn.
6. Next, close the valve and re-inflate Pronex until you again feel firm stretching in your neck. Once again release the air pressure. By now you know how easy it is to maintain this regular pattern.
7. Repeat inflating and releasing air pressure until you reach the level of traction that gives you the most relief and comfort.

8. Remain relaxed with full traction for about ten minutes or for the time prescribed by your doctor. Throughout the session, maintain even, relaxed breathing, exhaling slowly. During traction, release air pressure at least twice during a 10 minute session. Relax for a moment and then reinflate Pronex until the prescribed period is up.
9. When your session is finished, release the air slowly and remove the head strap. Lie still for a moment as air empties from the bellows. Gently lift your head, roll to one side and push yourself up to a sitting position.
10. Avoid rapid repetitive motions for at least 30 minutes after each traction session. Excessive exaggerated movements such as looking straight up or down, or twisting your head left and right may increase muscle tension or stiffness. A feeling of warmth and relaxation are common after Pronex therapy.



Fully-seated  
for proper use.



Not fully-seated.

### Tips for Effective Traction:

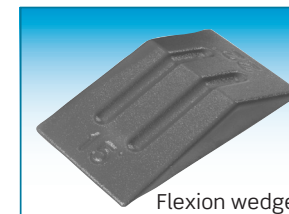
- » The key to effective traction is to maintain even, relaxed breathing while you increase and decrease air pressure. The more relaxed you are during traction, the more relief you will experience.
- » Prior to traction, set aside eyeglasses and remove jewelry from ears and around the neck. Pull loose hair up and back out of the way so contact can be made directly with the back of the neck to the head cushion.
- » For comfort and the best results, it is important that the proper size Pronex be prescribed for you. It is available in three sizes: Regular, Large and Wide.
- » The Pronex head strap is designed to help first-time users keep their head and neck in place. After several traction sessions, many patients feel more secure in the cushion's soft contours and no longer feel the need to use the strap.
- » For patients whose ears feel slightly uncomfortable in the Pronex, place a folded washcloth as a "washer" on the bellows under the neck to slightly elevate the neck and head thus greatly increasing the comfort.

### For Easy Cleaning

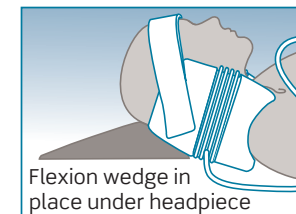
The Pronex inflatable bellows and cushions are constructed of special latex and foam rubber to ensure patient comfort. To clean, gently wipe exposed surfaces with a clean soft cloth lightly moistened with a cleaning liquid, such as 70% isopropyl rubbing alcohol.

### Optional Treatment

In special cases, physicians may prescribe that a patient's head and cervical spine be slightly elevated during supine traction. A Flexion Wedge is designed to provide such elevation with an upward tilt of 15 and 22 degrees. To use, the wedge is placed under the Pronex head cushion as shown in the illustration.



Flexion wedge



Flexion wedge in place under headpiece