



# Traction On The Move Concept By Meditrac



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# 1. Spinal Traction – A Comparison

<b>Vertetrac and Cervico 2000</b> <b>Manufactured by Meditrac</b>	<b>Conventional Spinal Traction Devices</b>
<p style="text-align: center;"><u>Small</u></p>	<p style="text-align: center;"><u>Relatively large size</u></p> <p>Takes up valuable floor space.</p>
<p style="text-align: center;"><u>Totally portable</u></p> <p>Specially designed to be compact and lightweight, the devices can be worn by the patient while sitting, standing, or walking.</p>	<p style="text-align: center;"><u>Minimal mobility</u></p> <p>Most lumbar devices are static, relatively immobile, of bed or stretcher size, and fairly cumbersome.</p>
<p style="text-align: center;"><u>Allows active exercise during treatments</u></p> <p>Any form of active rehabilitation such as walking on a treadmill or stepper or using elastic bands during treatment improves blood flow, which accelerates improvement of clinical symptoms.</p>	<p style="text-align: center;"><u>Active exercise is not possible</u></p> <p>Conventional lumbar traction devices require the patient to be immobile.</p>
<p style="text-align: center;"><u>Active rehabilitation</u></p> <p>Activity is encouraged and is instrumental during the treatment process, as it accelerates healing. Being active promotes psychological well-being</p>	<p style="text-align: center;"><u>Passive rehabilitation</u></p> <p>Patient is totally passive, with activity discouraged during treatment.</p>
<p style="text-align: center;"><u>Allows multi-dimensional action</u></p> <p>Can be easily adjusted to create asymmetrical traction on the right or left sides of the spine, depending on spinal curvatures, muscle spasms, and patient comfort. Can also perform treatment action in three-dimensions simultaneously.</p>	<p style="text-align: center;"><u>Restricted to symmetrical traction</u></p> <p>Conventional traction cannot be adjusted on the right or left sides separately, allowing for less adaptability to the patient's needs or body structure.</p>

<h2 style="text-align: center;">Vertetrac and Cervico 2000</h2> <p style="text-align: center;">Manufactured by Meditrac</p>	<h2 style="text-align: center;">Conventional Spinal Traction Devices</h2>
<p style="text-align: center;"><u>Simple treatment</u></p> <p>Patients are easily trained by medical professionals to perform self-treatment and adjustments in traction at home without the need for another person or an extra treatment table or accessories. The device is user-friendly and enables patients' participation in the healing process.</p>	<p style="text-align: center;"><u>Complex treatment</u></p> <p>A trained medical professional is required to perform treatment. The patient cannot administer or make adjustments to his or her own traction.</p>
<p>The horizontal force enables the achievement of extension at the correct level by strengthening direct pressure on the afflicted area.</p>	<p>In traditional traction, the patient's lower body is mechanically pulled along the tables or with pneumatic traction devices, making it impossible to achieve extension during traction.</p>
<p>Can reduce cervical lordosis and thus enlarge the intervertebral space and intervertebral foramen.</p>	<p>Intervertebral space foramen cannot be enlarged by other traction methods.</p>
<p>Friction free traction is imparted directly to the lumbar vertebra and gravitational force is applied during traction.</p>	<p>Friction free traction and gravitational force cannot be utilized by other traction methods which require the patient to be in a supine position.</p>
<p>The horizontal force enables treatment of the Facet Syndrome.</p>	<p>Facet Syndrome cannot be treated.</p>

**FOR YOUR OWN HEALTH AND SAFETY**

This information is solely for informational purposes only.

This information is not intended to provide any medical advice, cure or treatment.

Before using Meditrac's devices treatment please consult with your physician.

## 2. Rehab Exercises with Vertetrac

### “Traction On The Move” Rehabilitation program for acute stage patients of lumbar disc disorders of primary origin

**Step 1:** Once the Vertetrac is properly fastened on the patient’s back, traction should be applied up to a sufficient level which doesn’t cause any pain or discomfort to the patient. Monitoring the patient’s response will help to determine the amount of traction force needed.

Due to the fact that in acute cases the onset of pain is severe, we recommend that the patient either starts walking slowly step by step during the traction as much as he can or sits on a backless chair.

The traction session is 30 minutes long, but may vary slightly according to the tolerance of the patient. The patient should be examined every 10 minutes and the traction increased when necessary.

When horizontal force is recommended, place the horizontal force pad at the desired level – L3, L4, or L5 Apply horizontal force by turning the horizontal pressure screw clockwise to the point where the patient feels relief from leg pain/radiation.

**Step 2:** Traction sessions should be performed every day or every other day at least for 2 weeks. The first 3 sessions should be done with traction only, in order to enable the patient to get used to the procedure.

During the 4<sup>th</sup> session, if the patient’s response to the treatment is positive, and there is improvement in his range of motion, we start to put the patient on a mechanical treadmill for the last 10 minutes of the traction session. During those 10 minutes, he should be walking slowly but safely on the treadmill under the direct supervision of a nurse, PT, or DC. The pace of walking should be constant with zero incline.

In case there is no available treadmill, the patient can walk around the clinic is a moderate pace or even use a stepper.

**Step 3:** The walking period on the treadmill should be increased slowly from one session to the next according to the comfort and ability of the patient.

**Step 4:** After about 10 sessions, there should be a significant improvement and the frequency of the sessions can be decreased to every 2 to 3 days.

**Step 5:** We highly recommend a preventative treatment once a week.

### 3. Rehab Exercises with Cervico2000

#### “Traction On The Move” Rehabilitation program for acute stage patients of cervical pain

**Step 1:** Once the Cervico 2000 is properly fastened on the patient’s neck, traction should be applied up to a sufficient level which doesn’t cause any pain or discomfort to the patient. Monitoring the patient’s response will help to determine the amount of traction force needed.

Due to the fact that in acute cases the onset of pain is severe, we recommend that the patient sits during the traction.

The traction session is 15 minutes long, but may vary slightly according to the tolerance of the patient. The patient should be examined every 10 minutes and the traction increased when necessary.

**Step 2:** Traction sessions should be performed every day or every other day at least for 2 weeks. The first 3 sessions should be done with traction and gentle massage after the traction for 1 to 2 minutes, in order to enable the patient to get used to the procedure.

**Step 3:** During the treatment, the patient can perform a light physical activity like using elastic straps or exercise bands.

**Step 4:** After about 10 sessions, there should be a significant improvement and the frequency of the sessions can be decreased to every 2 to 3 days.

**Step 5:** We highly recommend a preventative treatment once a week.

## 4. Frequently Asked Questions

### What is traction?

Traction is a non-invasive, relative friendly and progressive form of treatment which is physiologically suited to restore the normal position of the spine. Traction enables a widening of the intervertebral space, thereby reducing the pressure on the spinal cord and nerve root. This is done by inducing negative pressure that enables the disc to return to its normal position. It is an excellent tool also used as a preventive treatment by those who suffer from a bad back.

### Can the traction worsen my medical condition?

Traction can seldom worsen your medical condition. In the worse case, it doesn't help treat your pain.

### What advantages do the Vertetrac and the Cervico 2000 have over other traction devices?

The Vertetrac is a lumbar traction device used to treat back pain and other specific spinal problems, and the Cervico 2000 is a cervical traction device used to treat neck pain and problems. While other devices are relatively large, immobile, and take up valuable floor space, both the Vertetrac and the Cervico 2000 are totally portable and lightweight. Meditrac's products require minimal training, and their simple operation even allow for self-treatment. Other devices require a trained medical professional which doesn't allow for the patient to administer self-traction. The Vertetrac and the Cervico 2000 allow for active exercise during treatment, thus providing active rehabilitation and allowing for accelerated healing. When using other forms of tractions, the patient is required to be immobile and passive. Also, both devices allow for multi-dimensional and asymmetrical traction and therefore provide beneficial features that other traction devices (which are restricted to one-dimensional, symmetrical traction) can not. The optional D.B.S. component is another feature of the Vertetrac which is designed to treat idiopathic Scoliosis in a most comfortable way.

## **How many treatments do I need in order to get "back on track"?**

In the case of acute back pain, it is recommended to undergo 12 daily treatments with the Vertetrac. Each treatment lasts 30 minutes. For acute neck pain, it is recommended to undergo 8 to 10 daily treatments with the Cervico 2000. Each treatment lasts 15 to 20 minutes. In the case of chronic neck or back pain, treatment may take longer. Depending on the medical condition, 3 to 5 weeks of treatment using either the Vertetrac or the Cervico 2000 may be recommended. The first 2 weeks of the treatment may be daily, while sessions may drop off to once every few days after the initial 2 weeks.

## **Are the Vertetrac and the Cervico2000 covered by US insurance?**

Most of the insurance companies in the US completely cover the treatment procedure as classified as mechanical traction. Medicare and other HMO providers also partially reimburse the purchase of the devices for homecare use. It is strongly suggested that you find out the exact conditions with your specific medical insurance provider.

## **Why are the Vertetrac and Cervico2000 more expensive than other portable traction devices?**

Both of Meditrac's products have features that other portable devices don't, including the 3D traction force which work simultaneously to bring pain relief. The Vertetrac also has a special D.B.S. adaptor, which is used for Scoliosis treatment and can create 2 differential forces from different sides of the patient's body. Both the Vertetrac and the Cervico 2000 contain state of the art engineered mechanisms and are constructed from highly advanced, durable materials, thus ensuring quality performance.

## **Can the Vertetrac or the Cervico2000 be purchased in different sizes?**

Both of Meditrac's products are "one size fits all". Also, the Vertetrac can be used by any patient up to a size 48 waist.



## 5. Pain and Rehabilitation Stages

Most low back pain patients experience three general stages before maximum recovery and rehabilitation is obtained.

### Stage 1 – Acute/Pain Stage (Signs and Symptoms)

- Low Back Pain
- Leg pain
- Splinting muscle spasm
- Aggravated by sitting, standing, bending, coughing, sneezing, straining
- Muscle weakness
- Inability to stand on heels or toes
- Antalgic (bent) posture
- Difficulty in rising from a sitting or lying position

### Stage 2 – Subacute/Recovery Stage

This stage is when the majority of your signs and symptoms from the acute stage have subsided. You may continue to experience a dull, aching sensation in your low back, hips, or legs, and possibly have a weak feeling in the low back or a general feeling of apprehension. Standing straight, sitting, and rising should be performed without pain. Sneezing and straining should not aggravate or cause you to have acute symptoms.

### Stage 3 – Chronic/Rehabilitative Stage

You will reach this stage when all of your symptoms of the acute and subacute stage have subsided, or where maximum improvement in your condition has been obtained and long-term strengthening of the low back is absolutely essential.

## 6. Exercises for a Healthier Back

The following pages will present helpful exercises for your neck and back. While exercise has its therapeutic benefits, it can have a reverse effect if not done with care and good judgment. It is best to follow a program outlined by your DC, which allows him to professionally monitor your progress.

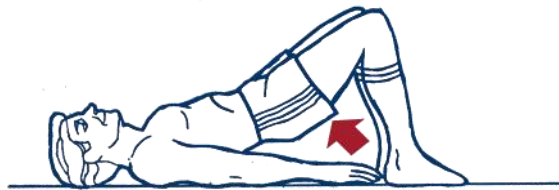
The following are important points to remember:

- 1) Wear clothes that will not impede or restrict your movements in any direction. Sweatsuits, leotards, or loose clothing are best.
- 2) It is essential that you allow a "warm-up" period before engaging in an exercise session. Allow the muscles to loosen up before embarking on strenuous exercise by beginning each exercise session with a stretching routine. Mild heat or a hot tub soak for five to ten minutes just before starting can help relax tight muscles.
- 3) Start by doing the movements slowly and carefully. As you gain confidence and strength, you may increase the speed along with the frequency, but speed is not essential! It is important to maintain a balanced breathing cycle with each exercise, inhaling and exhaling in rhythm.
- 4) Don't over-exercise, especially at the beginning. Do only the amount recommended by your DC. Do only the exercises your doctor has recommended and in the order advised.
- 5) Floor exercises should be done on a firm, padded surface, such as a carpeted floor. If it is difficult getting down and up from the floor initially, a firm bed might be preferred with a small pillow under the head for more comfort.
- 6) Exercise every day according to the routine recommended by your DC. Do not skip a day and then try to make it up with heavier exercise. Sporadically exercising can be harmful!
- 7) If you feel slight discomfort during your exercises, do not become alarmed. This should disappear as your muscles become stronger and more conditioned to the routine. However, pain or discomfort should not persist. If it does, stop the routine and consult your DC.
- 8) **IMPORTANT:** Follow directions precisely. It is important to avoid doing any type of exercise other than those recommended, particularly if you're recovering from a back or neck ailment, so as to avoid further injury.

1. Lie flat on your back. Clasp your hands around your right knee and bring it towards your chest. Pull your knee into your chest firmly and straighten your left leg. Hold this position for three to five seconds. Relax. Do this stretch five times. Repeat entire exercise with your left leg.



2. Lie flat on your back with your knees bent, feet flat on the floor, and your arms palm down at your sides. Flatten your lower back by tightening the muscles of your lower abdomen and buttocks. Slowly raise your pelvis to the ceiling and hold for five seconds. Relax. Repeat five times.



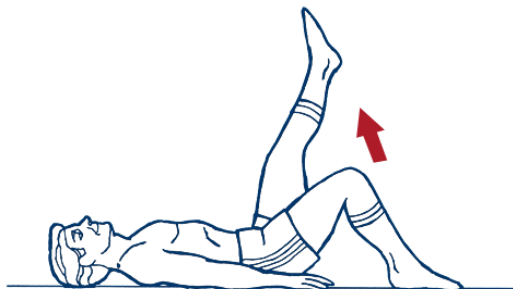
3. Lie flat on your back with your knees bent, feet flat on the floor, and your arms palm down at your sides. Tighten abdomen and buttocks as if you are pushing your pelvis into the floor. Hold for three to five seconds. Relax. Repeat five times.



4. Lie flat on your back with your knees bent and your feet on the floor. Wrap your hands around your knees and pull them into your chest. Hold for three to five seconds. Relax. Repeat five times.



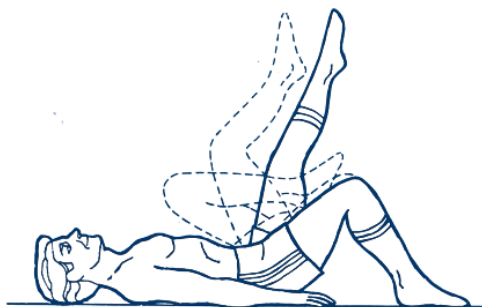
5. Lie flat on your back with your knees bent, feet flat on the floor, and your arms palm down at your sides. Lift your left leg straight up. Return left leg to the starting position. Do this five times. Repeat exercise with right leg.



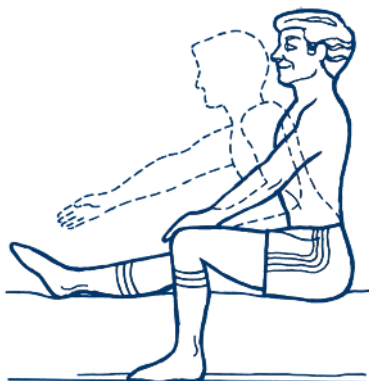
6. Lie flat on your back with your arms palm down at your sides. Slowly lift your left leg, bringing it toward the opposite side of your body. Return to starting position. Do this with the right leg. Repeat five times.



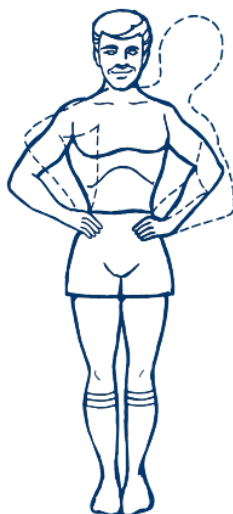
7. Lie flat on your back with your knees bent and your feet on the floor. Bring your left knee to your chest, then extend it to the vertical position, pointing the toe towards the ceiling. Lower your knee back to your chest and then return it to the original position. Do this with the right leg. Repeat five times.



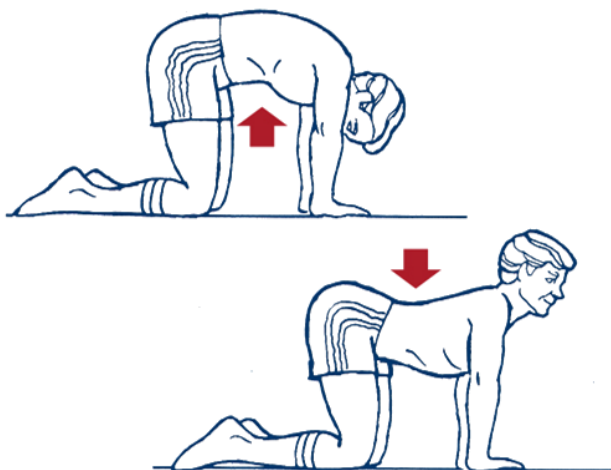
8. Sit sideways on a bench, with your right leg stretched out flat and your left foot on the floor. Place your left hand on your left knee and reach forward with your right hand towards your right foot. Reach as far as you can before feeling discomfort. Hold this position for five seconds, then return to upright sitting position. Repeat five times. Turn around and switch to the right leg.



9. Stand with your hands on your hips, and slowly bend at your waist to your left. Do not flex the hip or knee. Hold for five seconds. Return to upright position and bend to the right side. Repeat five times.

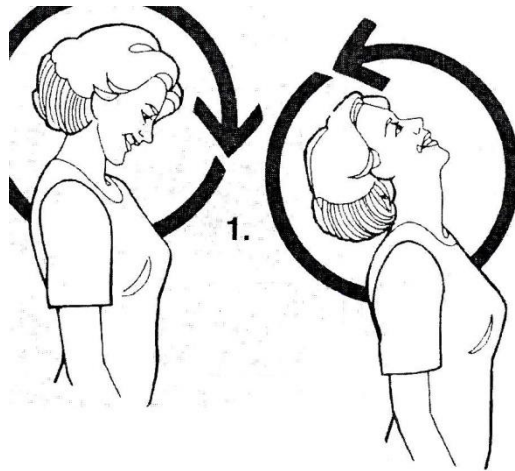


10. While on your hands and knees in a kneeling position, arch your back to the ceiling and drop your head. Then, lift your head by looking up, and try to drop your lower back to the ground by pushing your chest out. Repeat five times.

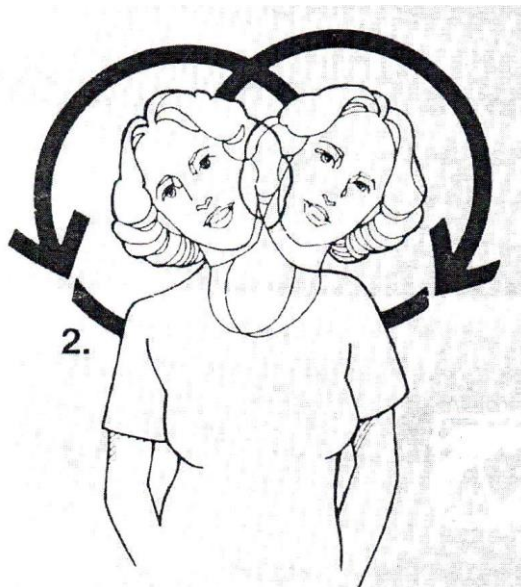


## 7. Exercises for a Healthier Neck

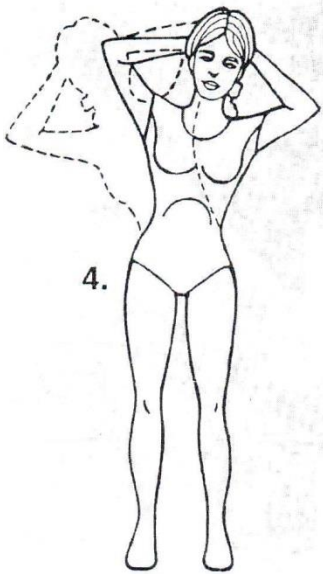
1. Tuck your chin. Gently bend the head forward, attempting to touch the chin to the chest. Gently bend the head backwards to its limit. Repeat five times or as recommended.



2. Bend the head to the right as far as possible, attempting to touch ear to shoulder. Do not rotate head in this exercise. Bend the head to the left as far as possible, attempting to touch ear to shoulder. Repeat five time or as recommended.

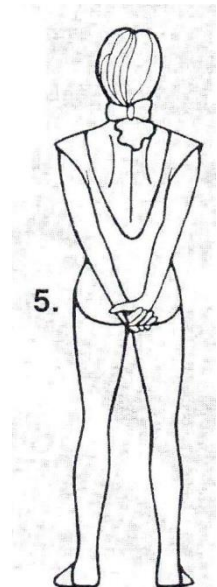


3. Turn head to the right as far as possible, attempting to bring chin over shoulder. Do not elevate shoulder. Hold three to five seconds. Do five times or as recommended.



4. Standing with feet apart, place hands behind head. Bend from side to side, bending only with the upper back. Do not bend the waist or hips. Attempt to reach the upper elbow to the ceiling. Hold each movement for three to five seconds. Alternate sides. Do five times or as recommended.


5. Standing with feet apart, clasp hands behind the back. Pull downward toward the floor with hands. Take a deep breath, stand on toes and look at the ceiling while exerting the downward pull. Hold for three to five seconds, then exhale slowly. Relax. Repeat five times or as recommended.






## 8. CONTACT INFORMATION

If you have any problems or questions regarding your Vertetrac or Cervico2000, please contact us at:

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Meditrac's products carry the **FDA** and **ISO:13485** and are registered with the United States Food and Drug Administration. United States Federal Law permits the sale of these devices (within the US) by a doctor's prescription only 



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