



**Meditrac**  
SMALL DEVICE, BIG RELIEF



**By Meditrac**

# Cervico 2000



**Protocols**



# Meditrac

SMALL DEVICE, BIG RELIEF

**3**

INFORMATION ABOUT THE  
CERVICO 2000

**5**

CERVICO 2000 + BIOFREEZE PROTOCOL

**6**

CERVICO 2000 + ACUPUNCTURE  
PROTOCOL

**7**

ABOUT THE SECONDARY TREATMENTS

**8**

REFERENCE LIST

# INFORMATION ABOUT THE CERVICO 2000

## INDICATIONS FOR USE

### Neck Pain Disorders

- Degenerative Disc Disease
- Discogenic disorders
- Osteoarthritis

### Whiplash injuries

### Torticollis

- Rheumatic or muscular pain
- Spastic torticollis with a neurological basis

### Job-related neck pain

- Prolonged computer use
- Sewing
- Text neck

### Sports injuries (without breakage or dislocation)

## CONTRAINDICATIONS FOR USE

### STRUCTURAL

- Tumors or protrudences on mandible, spine, or clavicle
- Skin irritation on jaw, neck, or shoulders
- Open wounds
- Fracture of mandible, cervical vertebrae, or clavicle
- Infections of mandible, cervical vertebrae, or teeth
- Temporo-mandibula joint disorders
- After dental surgery or implants

### VASCULAR

- Vascular disorders of neck
- Partial clogging of neck vessels
- Any vascular fusion

# INFORMATION ABOUT THE CERVICO 2000

## Adverse Reactions

Although extremely uncommon, if you experience any of the following reactions, discontinue use of the Veretrac, and contact the administering medical professional:

- Dizziness
- Breathing difficulties
- Abnormal fatigue
- Aggravation of symptoms

## Treatment Frequency

For patients suffering from *acute neck pain*, we recommend 8-10 consecutive daily treatments of 15-20 minutes duration.

From our experience, patients suffering from *chronic neck pain* require more sessions before recovering. For chronic pain patients, we recommend a treatment course of 3-5 weeks with a week or two of daily sessions, followed by two weeks with 2-3 sessions per week.

After discharge from the formal treatment program, many patients maintain their gains with a maintenance program consisting of weekly or bimonthly veretrac sessions.

**Note:** The following protocols are shared for the purpose of providing treatment guideline suggestions. Every patient and case is different and is subject to the expertise and discretion of a licensed healthcare practitioner. We recommend adding on these secondary treatments for patients with chronic neck pain who may require a complementary therapy method to reduce inflammation, edema, and/or pain.

The full instructions for putting on the Cervico 2000 can be found in the User Manual accompanying the device or on the available video instructions.

# CERVICO 2000 WITH SECONDARY TREATMENT PROTOCOLS

## Biofreeze Protocol

**FREQUENCY:** Apply Biofreeze after each Cervico2000 session.

**WHO:** Biofreeze is indicated for patients with tight neck muscles that cause pain.

**BIOFREEZE PLACEMENT:** Apply gel over the posterior neck, concentrating on tight muscles. In patients with radiating symptoms, concentrate on the ipsilateral side.

**ADMINISTRATION:** Before applying Biofreeze, the practitioner should use a handheld massager to massage the upper back, shoulders, and neck for 1-2 minutes to relax the area and loosen the muscles. Apply the gel with a gloved hand, and rub it in over the affected area until well-absorbed.



# CERVICO 2000 WITH SECONDARY TREATMENT PROTOCOLS

## Acupuncture Protocol

**FREQUENCY:** Acupuncture should be performed 2-3 times a week after every other Cervico2000 session. It is not recommended after every Cervico session to allow the body to recover between acupuncture treatments.

**WHO:** Acupuncture is a pain-relieving alternative that is beneficial for patients suffering from inflammation who can't take or don't respond well to drugs like NSAIDs.

**PROXIMITY TO CERVICO 2000 SESSIONS:** Acupuncture should be administered immediately after the traction session for 15 minutes.

**NEEDLE PLACEMENT:** Needle placement should be determined by a licensed acupuncturist based on the location of the patient's pain.

**PATIENT MONITORING:** Confirm that the patient is feeling okay and not experiencing any pain every 10-15 minutes.



# ABOUT THE SECONDARY TREATMENTS

## Biofreeze

Biofreeze is an analgesic cooling gel that uses the principle of cryotherapy to provide local pain relief. Biofreeze creates a cooling sensation without lowering skin temperature because one of its main ingredients is menthol. Therefore, the cooling effect of Biofreeze is different from applying cold directly to the skin like an ice pack.<sup>4</sup>

A recent study investigated the difference in pain scores for patients with neck pain on both sides of their neck when they used ice on one side and Biofreeze on the other. They found that Biofreeze decreased neck pain levels twice as much as ice, was rated substantially more comfortable, and lasted longer 9 out of 10 times.<sup>1</sup>

## Acupuncture

Acupuncture is a form of treatment originating from China that involves applying small needles or pressure to specific points in the body. Acupuncture is most commonly indicated for both chronic and acute pain, as well as nausea and vomiting. Regarding low back pain specifically, many studies have shown that acupuncture improves functional status and reduces pain.<sup>3</sup>

A recent study evaluated the effectiveness of combining traction with seven acupoint-penetrating needles at relevant points to treat cervical spondylosis. The researchers found that, compared with the group with acupuncture at non-relevant points, acupuncture with seven acupoint-penetrating needles alongside traction was more effective in reducing neck pain and improving sleep quality.<sup>2</sup>



# REFERENCE LIST

1. Bishop, Bart, Greenstein, Jay and Topp, Robert. Effects of Biofreeze vs. ice on acute, non-complicated neck pain. *Clinical Chiropractic* Dec 2011; 14 (4): 153-4. doi: 10.1016/j.clch.2011.09.015
2. Gu CL, Yan Y, Zhang D, Li P. An evaluation of the effectiveness of acupuncture with seven acupoint-penetrating needles on cervical spondylosis. *J Pain Res.* 2019;12:1441-1445. Published 2019 May 7. doi:10.2147/JPR.S199798
3. Van Hal M, Dydyk AM, Green MS. Acupuncture. In: *StatPearls*. Treasure Island (FL): StatPearls Publishing; October 24, 2020.
4. Zhang J, Enix D, Snyder B, Giggey K, Tepe R. Effects of Biofreeze and chiropractic adjustments on acute low back pain: a pilot study. *J Chiropr Med.* 2008;7(2):59-65. doi:10.1016/j.jcme.2008.02.004