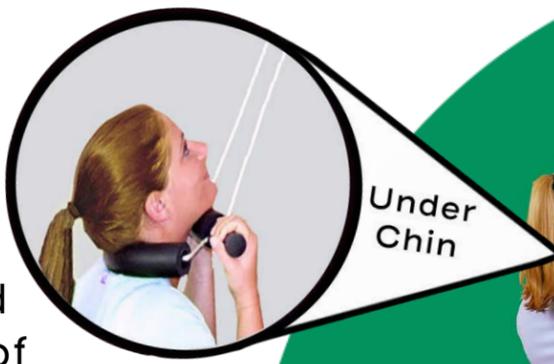




Cervical Traction Instructions

1. Perform cervical warm ups before beginning traction (twist, flex and extend head/neck).
2. The curved piece of the unit should hang slightly lower than the back of the head. Adjust the unit accordingly, and tie or loosen knots, or move unit up or down the wall mount.
3. Pull the straight bar down by handles until stopped by the curved neck piece, handles should be about shoulder height.
4. Elbows and knees should be against the wall or door and feet are shoulder width apart.
5. Place the curved piece behind your neck and pull the padded straight bar under chin for non TMJ model, or right above bridge of nose on forehead for TMJ version.
6. Place each hand on handles with palms toward your face.
7. Hold handles firmly, relax the knees and sink down with about 20% of your body weight supported by the unit, exhale deeply with each "squat" motion.
8. Stand back up relieving the pressure of the traction and inhale.
9. Begin with 10 repetitions of the sinking and stand motion while coordinating your breathing. Work your way up to 60 reps.
10. Ice the neck if soreness is experienced.



MAINTENANCE: Pettibon System recommends replacing products as needed – especially if they are under continuous use. If wear is noticed, replace IMMEDIATELY. Clinic use: replace often for maximum benefits.

We recommend consulting with your physician before beginning use of this product. Stop use immediately if any pain is experienced. No part of this form may be reproduced in any form without written permission from The Pettibon System®. © 2016, 2021, The Pettibon System. The Pettibon System is a registered trademark. All rights reserved. (Rev. 2/2016 – FOR CTS-EN)

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