

TIMING and DURATION OF DAILY TRACTIONING

After receiving your home traction unit you will start tractioning at 2 minutes and increase by 30 seconds every day until you are tractioning for a full 20 minutes per day.

Sustain 20 minutes of tractioning daily for 14 consecutive days. After completion, bring your tractioning system back to our office and consult with your team for further advanced tractioning recommendations.

Positioning



**Arc
Trainer**



**Arc
Trainer Plus**

COMMON SYMPTOMS OF DAILY TRACTIONING

- Neck stiffness after tractioning
- Slight headache after traction.
- Numbness/Tingling for a short period during tractioning
- Slight nausea after tractioning
- Skin or tissue bunching at base of neck during tractioning.

If you have any questions or concerns please consult with one of our team members.



143 Sydney Road, Fairlight
Phone: 02 9949 3800
Fax: 02 9949 3888

TRACTION LOG

PREPARED FOR

.....

DATE RECEIVED

.....

PHASE OF
DEGENERATION

.....

TEAM MEMBER

.....