

## The Home Traction Unit

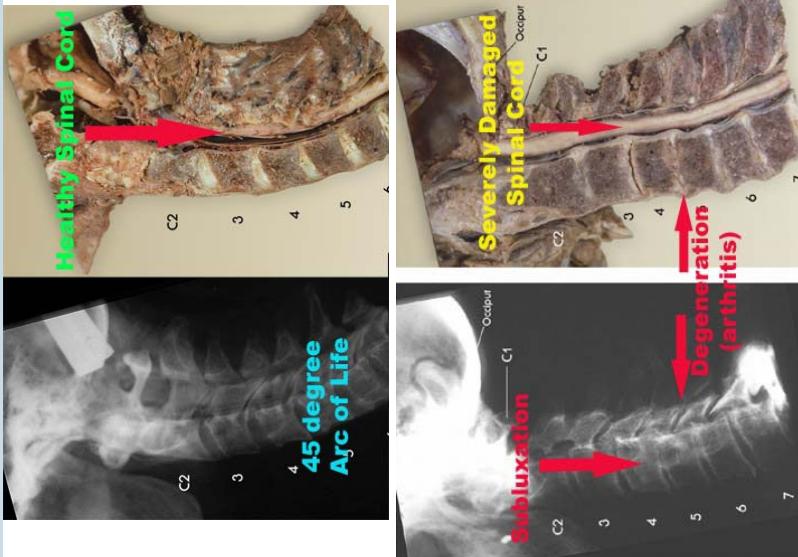
## Stress Vertebrae

Traction for the neck is very important for restoration of optimal health. The normal neck and lower back curves are commonly lost due to trauma or poor postural habits. To return these curves towards their normal healthy position requires repetitive traction on the shortened ligaments of the spine. The ligaments will "creep" towards their normal position (as with teeth and braces) if properly worked. There are three important factors to consider when attempting to correct the curves of the spine

1. **Duration:** The amount of time the ligaments of the spine are held in a certain position. The longer you hold this curved position, in a given session, the better the results you will have. Each traction session should last from 10-20 minutes.
  2. **Intensity:** The more stress you place on the spinal ligaments, the better the results you will have. Always try to tolerate as much discomfort as possible.
  3. **Frequency:** The more sessions you apply traction to your spine, the better the results you will have. You should traction at least once per day. Traction several times per day is not discouraged.

We suggest that you consider all these factors with each traction session. You can vary these factors within each session.

**A WORD OF CAUTION:** Correction of the curves is a very important part of your spinal care program. As with any activity that causes your body to go through change, some soreness and discomfort can occur. Begin slowly and communicate with Andrew throughout your spinal correction program. Do not get discouraged if some symptoms develop with traction. Usually this indicates that your body is changing and that is actually a great sign! Be smart, if you are concerned then always check with Andrew.



TRACTION REVIEW

## **TIMING and DURATION OF DAILY TRACTIONING**

After receiving your home traction unit you will start tractioning at 3 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**



**Initial Traction  
position**



**Advanced  
Traction  
Position**

## **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.

PREPARED FOR

PHASE OF

DEGENERATION

TEAM MEMBER

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