

Manual of the medical separable collar

1. Brief introduction of the collar:

The separable traction collar is a pneumatic traction devices for neck pain relief. Mainly applied to the nerve root type cervical spondylosis pneumatic traction, with the function of easing the symptoms of neck pain.

2. Separable Neck Traction Device Features

- Neck pain therapy anytime, anyplace.
- Allows tight neck muscles to relax.
- Simply place the traction device comfortably around your neck.
- The traction allows the tight neck muscles to relax and relieve the pressure.
- Perfect for tight muscles, neck pain, pinched nerves, tension headaches, osteoarthritis and more.

3. Benefits of the separable neck traction device:

- Anatomically corrects traction safely
- Comfortably supports head and neck
- Exerts force evenly and gently
- Supports normal curvature of cervical spine
- Gentle traction release
- Easy-to-use and convenient for the elderly
- Light and portable for traveling

4. How to use

1) Put Air Neck Traction around neck, valve to the left, adjust the inflatable layers for correct shape/position and close with strap. First-time users should put it on in front of a mirror.

2) Make sure the position of the rubber cushion is correct. Fasten the inflation/deflation valve before hand-pumping.

3) Hand-pump until you achieve the right traction angle and right amount of stretch/relief, as dictated by comfort or as prescribed by your doctor. Adjust right and left sides separately if needed. Adjustment is complete when comfort and relief of symptoms are attained. When optimal pressure is reached, close the ball valve.

4) The device can be used 2-3 times a day for a maximum of 20-30 minutes each time (but only 1-3 minutes for major traction).

5) After use, open the ball valve and loosen the deflation valve gradually, letting air out slowly. Do not squeeze the device.

6) Begin gently with minor and medium traction, and only 1-2 times a day, then move on to major traction if comfortable. Generally, one cycle of treatments is 10-20 days. Use at your own convenience while watching TV, working on computers, reading, traveling, reclining or relaxing, etc.

7) Caution: Do not: Sleep with it on, Use as a neck brace, Use with recent acute, or sprain/strain injuries. Do: Use only as prescribed by your doctor if applying to serious injury.



5. Function of the separable collar

Air Neck Traction surrounds the neck and cradles the head and shoulders on soft inflatable cushions made of cotton flannel. An easy to use air pump is attached to the device which allows up to 180 pounds of continuously adjustable neck traction. As the device expands, it lifts the head upward while supporting the neck and maintains an even distraction of the cervical discs.

You have total control over the amount of neck traction applied. Squeezing an inflator bulb increases the pressure, while a quick release knob gently reduces it.

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