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## Your Corrective Spinal Exercise Program Cervical Traction

Prepared for: \_\_\_\_\_ Date: \_\_\_\_\_

There are 4 levels of cervical traction. Unless otherwise directed by your doctor, begin your traction with Level 4.

Level 1: At the base of your skull

Level 2: About 1" below level 1 (level with the corner of your jaw)

Level 3: About 2" below level 1

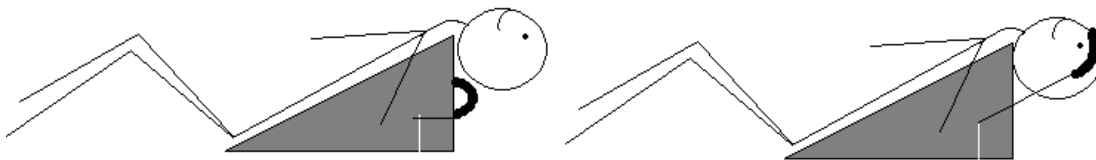
Level 4: About 3" below level 1 (level with the tip of your shoulder blades)

(For levels 3 and 4, bend your head forward and feel at the base of your neck for the bone that sticks out more than the others. Level 3 is just above this bone, and level 4 is just below this bone.)

You will perform traction for 3 minutes on the first day. Add 1 minute each day until you are doing 20 minutes a day. Do not exceed 20 minutes in one day. If you have started traction at level 1, 2 or 3, or have moved back from level 4 due to intense difficulty, you are to progress to the next level once reaching 20 minutes. Begin each new level at just 3 minutes, adding 1 minute daily.

Once you have completed 20 minutes at level 4, you will begin using the strap. Pull the strap around your head and place it across your forehead. Test the strap for suitable tension – your head should be extended over the wedge and compression should be felt in your neck. Be sure that the top of your head is not touching the floor.

It will take time for your body to adapt to performing cervical traction. You can expect mild discomfort during and after traction. This is normal due to the structural change being made in your spine. Please note that intense pain, dizziness, nausea and sharp or shooting pain are not acceptable. Inform your doctor if any of these symptoms occur, and modifications to your program will be made. If you are sore following your cervical traction, apply an ice pack wrapped in a thin cloth to the base of your neck at the back for up to 15 minutes after completing the exercise. The Doctor will periodically check your progress to ensure you are on track to achieve your goals.



Use the unit only on a hard surface with your legs bent. When you are finished, do not raise your head straight up. Slowly slide down the foam wedge, take 30 seconds to “get your bearings”, place your hand behind your neck to support it and slowly get up.

CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS.

