

Instructions for Cervical Traction with the Posture Pump Spine Trainer

Your Cervical Traction Exercise is a 3 Step Process:

1) WARM UP

Make sure that your neck is aligned properly, and that the straps are evenly distributed before you begin. Start by giving **1-3 pumps** in unit. Maintain pressure for **10 seconds** and then release. **Repeat 10 times** as a warm-up to prepare cervical area for tractioning.

2) TRACTION

Gradually build **up to 7-9 pumps or full pressure** in your traction unit, and hold.

*Begin Cervical Traction Exercise for 3 minutes for your **first day**.*

Increase 1 – 3 minutes and/or 1 – 3 pumps until you are tractioning for 20 minutes daily.

3) COOL DOWN

Release air. Release straps. Give **3 pumps** in to unit, and roll head side to side.

Perform traction 7 days weeky.

Cervical traction is a very important component in the restoration of proper cervical curve and the "arc of life". Do your traction with enthusiasm and purpose. It makes all the difference.

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