

After you have become familiar with the Pneu-trac, you may feel comfortable enough to move about during your session. However, do not engage in activities that detract from your ability to keep your shoulders and neck relaxed.

Precautions

The Pneu-trac collar is a prescriptive device and should be used only by the person for whom it was prescribed. Familiarisation of its proper use and application should be understood before initial use. If you experience dizziness, nausea, pain or decreased sensation while using Pneu-trac, discontinue use immediately

Single Patient Use

Any product supplied by Chris Hanley & Partners is for use by a single named patient only, as prescribed and fitted by a qualified clinician.

Re-use of any product is potentially dangerous and will invalidate the CE mark and any warranty.



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PNEU-TRAC[®] TRACTION COLLAR INSTRUCTION LEAFLET



The Pneu-trac is a comfortable, lightweight and easily applied pneumatic controlled orthosis that goes a step beyond the traditional overdoor cervical traction device. Relief is provided by an inflatable collar that allows each patient to vary air pressure appropriate to the level of cervical distraction required. This unique feature provides mobility to help the patient progress in a continuing home treatment / exercise program.

A hand-held inflator bulb with an air release valve puts the patient in control. This allows for static or intermittent cervical stretch to provide effective management of cervical pain.

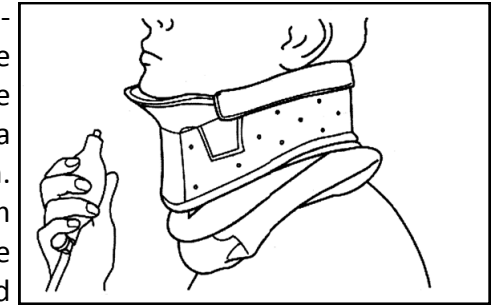
Fitting Instructions

1. The cervical collar is a two-part construction; an upper section secured with hook and pile overlapping a lower section. This allows for vertical adjustment if necessary. With few exceptions, this device should be used in its lowest configuration (i.e. as received)
2. Place the front of the collar against the palm of the right hand. Close hand to form a "U" shape. This will cause the thumb and forefinger to capture the two corners of the chin support.
3. With the head slightly flexed (tilted forward) place chin support under chin. Squeeze thumb and forefinger slightly to feel edge of jawbone when properly placed. Rounded bottom pad should be felt against chest.
4. While holding collar in place, slide left hand around left side of brace until fingers reach centre of back of neck. Repeat process with right hand until fingers of right hand meet fingers of left hand.
5. Maintain pressure against brace with heel of left hand and slide closure flap toward right hand. As hook and pile contact is made, grab closure flap with right fingers to guide closure evenly between round padding at top and bottom of collar. DO NOT over-tighten.
6. Observe yourself in a mirror. Chin support should be centred. Brace should feel comfortably snug, not tight. With head level you should be able to grasp brace with both hands, thumbs under lower padding, fingers over upper padding with just enough freedom to rotate collar
7. Ensure air bladder is lying outwardly flat.
8. Familiarise yourself with the thumb screw valve control on the inflator bulb. Counter clockwise to open - clockwise to close. The air release valve puts you in control - allows for static or intermittent cervical stretch. Close valve (clockwise) to begin session.

Intermittent Traction (recommended for initial use)

1. Assume a comfortable sitting position, head slightly flexed, shoulders and neck muscles relaxed. Take several slow deep breaths and "let go" with each exhale to facilitate relaxation.
2. Squeeze (pump) the inflator bulb four to six times. Relax. Notice if air is inflating bladder evenly and brace is not uncomfortably tight. Make adjustments if necessary.

3. If there is no sensation of stretching in the neck region, continue inflating bladder with four or five full squeezes or until you feel a "mild to moderate" stretch. Breathe slowly with emphasis on relaxing while exhaling. Continue to relax, dropping shoulders and chin and maintain for up to two minutes if no discomfort is encountered. **NOTE: Never over-inflate. This may cause muscle strain or damage to the air bladder. If you feel discomfort or light-headed , deflate and remove immediately.**
4. Slowly release the air by turning the thumbscrew valve counter clockwise
5. Close the valve, rest for 15-20 seconds and repeat the process.
6. To end your session (not to exceed 12-15 minutes intermittent use) slowly release the air. Relax for about 30 seconds before removing the cervical collar.



Static Traction

Follow steps 1-3 above, relaxing for up to 5-8 minutes if no discomfort is encountered

To end your session (not to exceed 12-15 minutes static use) slowly release the air. Relax for about 30 seconds before removing the cervical collar.

IT IS IMPORTANT AFTER EACH SESSION TO AVOID ANY EXCESSIVE OR EXAGGERATED STRETCHING MOVEMENTS OR MOTION WHICH MAY CAUSE MUSCLE TENSION OR STIFFNESS TO NECK AND SHOULDERS