

Important: This device should be used under the supervision/instruction of your healthcare practitioner. If discomfort occurs during use, discontinue using device and discuss your discomfort with your healthcare practitioner.

CAUTION: THIS DEVICE IS NOT FOR USE WITH RECENT SPRAIN / STRAIN INJURIES, OR ACUTE CONDITIONS. **DO NOT SLEEP WITH IT ON, OR USE AS A NECK BRACE. DO NOT WEAR THE DEVICE INFLATED FOR MORE THAN 5 MINUTES UNLESS SPECIFICALLY INSTRUCTED BY YOUR PHYSICIAN.**

Instructions:

1. Place Device around neck, adjust the circle to appropriate size and close the Velcro strap in the front.
2. Fasten the air-release screw before pumping.
3. Adjust the traction angle as comfort dictates or as prescribed by your doctor.
4. Slowly inflate device by squeezing bulb; the device will fill with air and expand.
5. Begin gently with minimum inflation for minor neck stretching. The device should not be used more than 2 to 3 times per day with each session lasting no more than 5 minutes unless specifically instructed by your physician.
6. After treatment, slowly unscrew the air-release screw, expelling air as gradually as possible by slowly turning the screws. Do not squeeze the device.



Slowly Squeeze Bulb to Inflate Device. Start slowly and inflate device with approximately 10 to 20 squeezes or as instructed by your physician.



Air Release Screw