

# Comfortland CV-900 Pneumatic Cervical Traction Instructions

Before using this device please read the following instructions completely and carefully. Correct use is vital to the proper functioning of this device. Follow the guidelines received from your health care provider regarding amount of traction, duration of treatments, angle, and hold and relax times if recommended. Remove any earrings, neckwear, or hats before use.

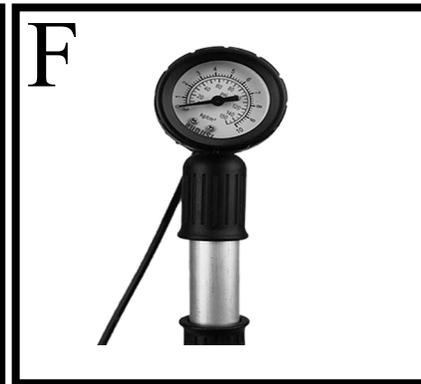
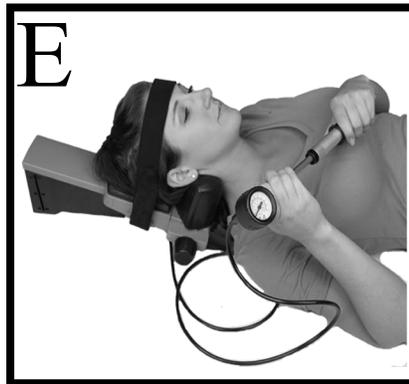
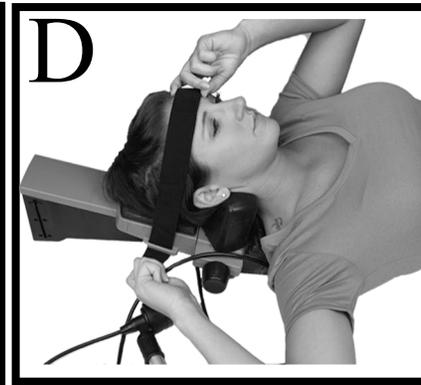
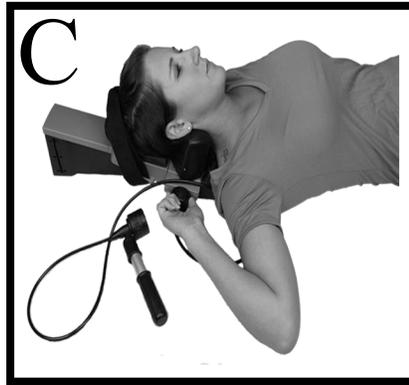
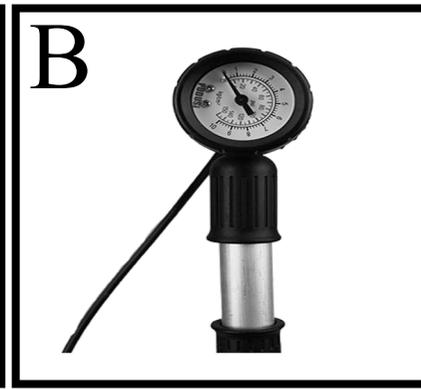
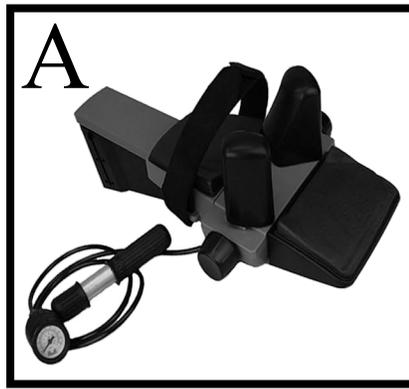
## Indications:

The CV-900 Cervical Traction Device helps to treat and relieve herniated discs, radiculopathy, osteoarthritis, and pain or headaches due to soft tissue or joint stiffness.

## Instructions:

Prior to use stretch by alternately turning head side to side and forward and backward for 5 to 10 minutes or until neck feels loose and relaxed.

1. Place device flat on floor or a suitably sturdy surface. (Fig. A)
2. Make sure pneumatic bladder is deflated, and that hand pump is set to inflate mode by twisting gauge face clockwise as shown. (Fig. B)
3. Lie down carefully and center neck in the neck cradle. Knobs on each side of cradle can be used to widen or narrow it for comfort. (Fig. C)
4. Center head restraint strap on forehead, adjusting as needed by tightening or loosening. Restraint strap should be firm but not too tight. (Fig. D)
5. Pull and push the hand pump to slowly inflate unit to your comfort level or to pressure specified by your physician. (Fig. E)
6. Twist gauge face on hand pump counterclockwise to lock unit in place as shown. (Fig. F.) Wait for 10 seconds or time designated by physician, then release/deflate unit by twisting gauge face clockwise. (Fig. B)
7. Repeat steps 5 and 6 above for 5 to 10 times or as instructed by physician. When finished completely deflate and carefully remove head strap. Repeat warm up exercises.



## Maintenance and Cleaning:

Unit may be cleaned by using a mild detergent or disinfectant. Do not use harsh cleaners or chemicals. Do not immerse in water, use a damp cloth or towel to wash and wipe clean. When not in use store unit in a cool, dry place.



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