

Instruction Manual

Home Lumbar Traction Device

ComforTrac



ComforTrac

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Letter to the Patient

Your physician or therapist has prescribed the COMFORTTRAC LUMBAR System to help improve your medical condition. Please read this instruction manual carefully before using your COMFORTTRAC LUMBAR. The clear and concise instructions on the following pages will show you how to use and care for your COMFORTTRAC LUMBAR .

NOTE: Please read the prescription information and precautions in this manual before using the COMFORTTRAC LUMBAR .

Always consult your physician or therapist if you have specific questions or problems regarding the use of your COMFORTTRAC LUMBAR .

Your physician or therapist possesses technical knowledge about the COMFORTTRAC LUMBAR and is familiar with your specific condition and requirements. Always follow the instructions of your physician or therapist to gain the most benefit from your COMFORTTRAC LUMBAR .

CAUTION: Federal (U.S.A.) law restricts this device to sale by, or on the order of, a licensed health care provider. This device should only be used under medical supervision for adjunctive therapy for the treatment of medical diseases and conditions.



How the ComforTrac Lumbar Device Works

Your COMFORTRAC LUMBAR TRACTION™ is a pneumatic device that provides home lumbar traction in an effective, comfortable, and proper way. It is designed to replicate traction treatment you may receive from a physical therapist or clinician. The COMFORTRAC LUMBAR TRACTION™ is designed to use traction to relieve chronic or acute pain. It is important that the treatment recommendation from your clinician be based on a trial of the COMFORTRAC LUMBAR TRACTION™ device, and not another traction device. This will ensure that your clinician's recommendations are precise with regard to treatment force (shown on the gauge as 'pounds of force'), usage, position, and treatment duration.

Your practitioner or therapist will provide you with directions on the proper mode of COMFORTRAC LUMBAR TRACTION™ operation for your condition. Do not deviate from his/her directions.

It is important to understand that pain is a symptom of an underlying condition, and the COMFORTRAC LUMBAR TRACTION™ has no curative effect on the cause of your pain. Therefore, home lumbar traction is not a substitute for proper medical evaluation and treatment.

Caution: *A slight stretching sensation and/or some mild discomfort may occur during the use of this traction device. However, at no time should you feel any pain. If pain is increased in your upper back, lower back or legs, or if you experience nausea, dizziness, or any other type of pain or discomfort, immediately discontinue the use of this traction device and seek the counsel of a medical professional and/or your health care provider. Do not begin to reuse this traction device until you have consulted your health care provider.*

The application of excessive force or the improper application of traction may result in additional injury or may aggravate a pre-existing medical condition.



Comfortrac Lumbar System Components



The *Comfortrac Lumbar Traction™* System is provided with:

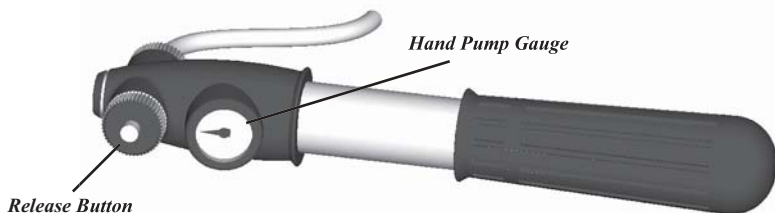
- 1 *Comfortrac Lumbar Traction™* Device
- 1 Hand Pump with Gauge
- 1 Carrying Case w/casters
- 1 Instruction Manual



Use **ONLY** *original COMFORTRAC* replacement parts.
Order from Comfortrac, Inc. at 1.703.891.0455



Comfortrac Lumbar Features & Controls



Comfortable cushioned surfaces

Strong and Lightweight Structure

*Automatic carriage return
after traction*

*Innovative hinge design requires
no set-up*

1. Hand Pump & Gauge

The supplied pneumatic hand pump adjusts the force of the traction delivered. As you pump air into the chamber of the cylinder, the gauge indicates the amount of force being applied to your lower back area in ‘pounds of force.’

Your clinician or therapist will determine the proper amount of force. **Do not deviate from your clinician’s recommendations.** Doing so may be hazardous to you and your medical condition.

The numeric values on the hand pump gauge correspond to the force being applied to your lumbar spine area, by way of the traction slide.

The hand pump includes a release button that releases air from the pneumatic cylinder and brings the lower back carriage into the neutral position. The release button may also be used to assist in intermittent traction.

Note: In an emergency, fully depress and hold the release button until traction is in neutral position.

2. Adjustable Straps

These 3-way adjustable straps with adjustable buckles ensure a secure and proper fit. The unit shall be fitted to your body specifications by your health care provider.

3. Swedish Pillow

A swedish pillow adds comfort and neck support during your traction treatment.



Notes on Lumbar Traction and the Comfortrac Lumbar Device

Lumbar traction has helped many types of lower back dysfunction. Traction may be used to treat the following conditions:

Note: Always consult your health care provider before beginning any treatment.

*herniated discs
joint stiffness
muscle tightness
degenerative disc disease
osteoarthritis*

Never use traction to treat the following conditions:

*fracture
infections and inflammatory diseases
malignancy
rheumatoid arthritis
spinal cord compression
spinal instability
traumatic or acute injury
all other conditions that can be aggravated by movement*

For centuries, lumbar back pain has been effectively treated using lumbar traction.

New medical innovations, particularly the development of the Comfortrac Lumbar™ device has helped bring lumbar traction technology into the 21st Century; utilizing efficient product design and quality material components.

Today, patients can receive lumbar traction (stretching) in a safe, comfortable and effective manner from the convenience of their own home, work place, or on the road. While lying on their backs, patients can receive easy to use and relaxing treatment for their lower back pain or dysfunction.



Getting Started

Prior to Use

Carefully read and familiarize yourself with the directions you received from your health care provider. Pay particular attention to the following items:

- * recommended traction force (remember traction should never cause you pain)
- * recommended traction duration for each treatment
- * recommended hold and relax times for intermittent traction application (if prescribed). Prior to use, remember to have a watch readily accessible to time your treatment.
- * recommended number of traction treatments daily or weekly.

The Comfortrac Lumbar device works best when user is wearing form fitting athletic clothing, or when adjustable belts are fitted over the user's bare skin.

Assembly

Innovative design makes the Comfortrac Lumbar Traction ready to go right out of its case.

Set-up

Place the *Comfortrac Lumbar Traction*™ device on a firm flat surface

Open the device as you would a briefcase.

Loosen adjustable belts. Fully extend the belts and lay them to the side of the unit.

Depress release button on pump to ensure traction device is in the "neutral position".

Place pump to the side of the unit, make sure the hose is not crimped or impeded in any way.



Using the Comfortrac Lumbar Device

1. Lie down on device such that your torso is on the side of the device labeled "upper".

2. Secure the two adjustable belts over your torso and lower hips respectively. Remember that your Comfortrac Lumbar Device works best on form fitting athletic clothing or the bare skin of your midsection. Tighten buckles as needed by pulling the buckle straps.

Note: Your health care provider should have already adjusted the straps to their proper position. The only adjustment you may need to make is a final tightening of the buckles.

3. Place your feet on the cushion or the floor. Be careful not to impede the sliding motion of the traction device.

4. Begin gradually pumping air into the air cylinder until the recommended amount of traction force has been reached. Monitor the hand pump gauge making sure never to exceed the amount of traction force prescribed by your health care professional.

5. Stop pumping when the recommended amount of traction force has been attained, the hand pump will hold the pressure automatically.

Note: If traction force reading drops, it was probably caused by head movement or repositioning.

To rectify slowly pump the air cylinder back to the desired traction force reading, then relax.

Note: Should you pump the air cylinder beyond your recommended traction force, depress the release button immediately until desired traction force is attained.

6. After you have reached your recommended traction force begin timing your traction treatment as prescribed by your health care provider.

Note: In an emergency, fully depress and hold the release button until traction is in the "neutral position".

7. After the traction treatment is complete, press the release button to release the traction.

For Intermittent Traction:

Your Comfortrac Lumbar device is designed to retract automatically when the release button is depressed and held. After traction reaches the desired position, begin gradually pumping, as instructed above, to reach the desired traction force.

8. Release the adjustable straps. Relax for a couple of minutes before removing your body from the COMFORTRAC LUMBAR TRACTION™ device.



Care for your Comfortrac Lumbar Device

The *Comfortrac Lumbar Traction™* device is designed to give you years of safe and effective traction treatment.

Cleaning

Use only mild detergents to clean the *Comfortrac Lumbar Traction™* device.

Troubleshooting

The *Comfortrac Lumbar Traction™* device features a high quality gauge designed to be extremely accurate.

If traction force reading drops, it was mostly caused by body movement or repositioning. To rectify, slowly pump the air cylinder back to the desired traction force reading.

Caution: Strictly adhere to the recommendations of your health care provider. Do not exceed their recommendations. Doing so may result in additional injury or the aggravation of a pre-existing condition.

The recommended traction treatment force must be determined by a trial use of the *Comfortrac Lumbar Traction™* device and not any other unit or style of traction.



Warranty Information

Comfortrac warrants your *Comfortrac Lumbar Traction*™ to be free from defects in workmanship and materials for a period of three (3) years from the date of shipment from the factory. Comfortrac will repair or replace, at its factory, any devices found to have become defective within the warranty period.

This warranty does not apply to accessories nor does it apply to units that have been damaged due to misuse, or repaired or altered other than by Comfortrac at its factory.

This warranty is in lieu of any other warranties expressed or implied. No person or entity is authorized to bind Comfortrac to any representation of warranty other than those specifically set forth herein.



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