



MURRAY
FAMILY CHIROPRACTIC

Pain Relief to Wellness

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Traction Chart

Patient: _____

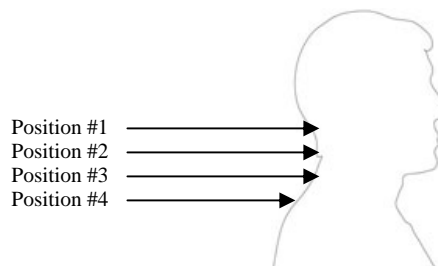
Write down the position and number of minutes for each day. (ie. 2/8 = position 2 for 8 minutes)

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Traction Positions

Top edge (fulcrum) of traction unit should contact:

1. top of neck (indent below bump on back of head)
2. mid-neck (2 fingers down from Position #1)
3. bottom of neck (2 fingers down from Position #2)
4. across shoulders (1 finger down from Position #3)



Traction Instructions

- Depending on the amount of
- Start at 3 minutes per day and increase by 1 minute each day, to a maximum of 20 minutes.
- Move on to next position once you are able to complete 20 minutes pain-free.
- After reaching 4th position for 20 minutes, add the forehead strap and start back at 3 minutes in position 4 and increase by 1 minute each day.
- Once you reach 20 minutes in position 4 with the forehead strap continue with that as your maximum time.

Points to Remember

- It is normal to have discomfort after using the traction unit.
- If pain occurs for more than 10 minutes, apply an ice pack to area of soreness for 15 minutes.
- Do not go beyond your personal limitations. For example, you may need to stay at position 3 doing 5 minutes a day for a few days if pain is occurring.
- **Consistency and discipline will produce desired results.** Using the traction unit less than 5 times per week will most likely show no correction with your spinal degeneration.
- Bring this sheet to your next progress exam.