



MURRAY
FAMILY CHIROPRACTIC

Pain Relief to Wellness

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Black Traction Chart

Patient: _____

Please record the number of minutes you traction for each day in the boxes below.

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. upper neck (just below base of skull)
2. mid-neck (2 finger widths above the large “boney bump” at bottom of your neck)
3. lower neck (just above the large “boney bump” at bottom of your neck)

Traction Instructions

- As a guideline, start at 2-3 minutes per day and add 1 minute each day, until you reach 20 minutes.
- If you feel you can handle it, use the forehead strap for a stronger stretch.
- Tighten the forehead strap over time to maximize your stretch.

Tips & Points to Remember

- Increase the duration and force of your stretching as quickly as possible. It is alright to progress more than 1 minute per day if you feel like you are not being challenged.
- It is normal to have mild - moderate discomfort or stiffness during and after using the traction unit.
- Try not to go beyond your personal limitations. If uncomfortable pain occurs for more than 10 minutes after stretching, apply an ice pack to area of soreness for 15 minutes.
- If you experience aggressive pain, headaches or dizziness, reduce your stretching time. If the symptoms continue to occur, discontinue use of the traction unit and notify Dr. Rob.
- **Using your traction unit a minimum of 5 times per week will provide the best chance for: restoration of your normal spinal curvature, reversal of spinal degeneration, and nervous system optimization. Basically, better curve = better health! So, as Nike says: “Just Do It”!**

Please Bring Sheet To Your Next Progress Exam