

ComforTrac Lumbar™

Instruction Manual

Home Lumbar Traction Device



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Important - Read First

Please read this instruction manual before using your Comfortrac Lumbar product. The clear and concise instructions on the following pages will show you how to use and care for your Comfortrac Lumbar device.

NOTE: Please read the information and precautions in this manual before using the Comfortrac OLT Lumbar device.

Your physician or therapist possesses technical knowledge about the Comfortrac Lumbar device 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 Comfortrac Lumbar device.

How the Device Works

Your Comfortrac Lumbar Traction 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 is designed to use traction to relieve chronic or acute pain.

It is important to understand that pain is a symptom of an underlying condition, and the Comfortrac Lumbar 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:

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 neck, arms, or upper back, 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 healthcare provider.

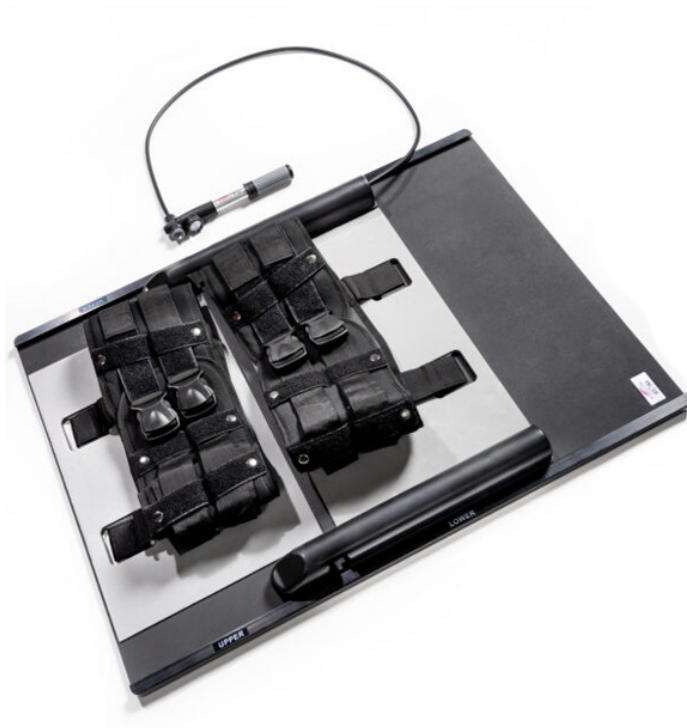
The application of excessive force or the improper application of traction may result in additional injury or may aggravate a pre-existing medical condition.

System Components

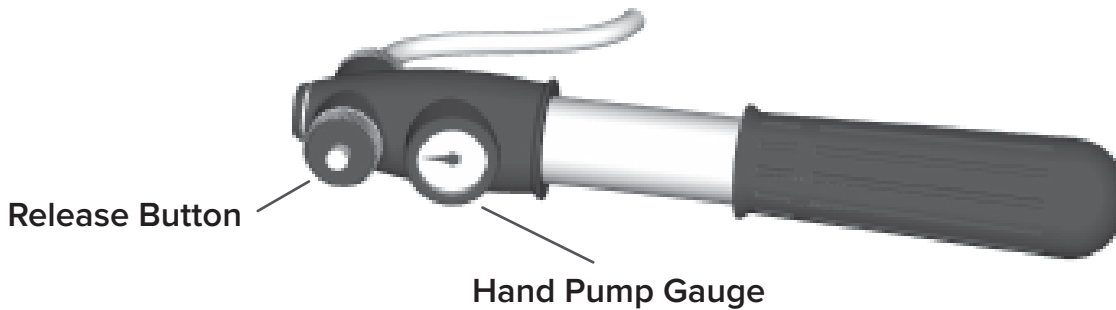
The ComforTrac Lumbar System is provided with:

- 1 ComforTrac Lumbar Traction Device
- 1 Hand Pump with Gauge
- 1 Carrying Case
- 1 Instruction Manual

Use **ONLY** ComforTrac Lumbar replacement parts.



Features & Controls



- Comfortable cushioned surfaces
- Strong and lightweight structure
- Carriage return after traction
- Innovative design requires no setup

Hand Pump & Gauge

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.

A patented 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.

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 healthcare provider.

Pillow

A pillow adds comfort and neck support during your traction treatment. You may use your own pillow while using this product.

Notes

Recommended for Use

The ComforTrac Lumbar Traction Device is intended to treat a musculoskeletal or neurological impairment of the cervical spine to relieve pain, relax muscle spasms, and decompress spinal structures.

Not Recommended for Use

Lumbar traction should be avoided in any condition of the spine where movement can aggravate the condition or result in spinal instability, spinal injury, and/or nerve root injury at risk for causing paralysis or ischemia.

DO NOT USE IF YOU HAVE THE FOLLOWING CONDITIONS:

Spinal stenosis

Curvature of the spine

Pregnancy

Contraindicated for fractures

Direct trauma to spine

Disc fragmentation

Pelvic trauma

Modern Advancements

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 by 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, workplace, 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 your-self with the directions enclosed. 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.
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.

Set-up (No assembly required)

Place the ComforTrac Lumbar Traction™ device on a firm, flat surface.

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 and make sure the hose is not crimped or impeded in any way.

Using The Device

1. Lie down on the 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 healthcare provider may 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 necessary to provide traction force needed.
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 body movement or repositioning. To rectify, slowly pump the air cylinder³ 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 recommended by a healthcare 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 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 Device

Cleaning

Use only mild detergents to clean the Comfortrac Lumbar. The Comfortrac Lumbar is designed to give you years of safe and effective traction treatment.

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.

Warranty Information

ComforTrac warrants your ComforTrac Lumbar Traction™ to be free from defects in workmanship and materials for a period of one (1) year 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.