

# TracCollar



The TracCollar is an FDA registered portable neck traction collar with inflatable dual bulbs that gently stretch and relax muscles for pain relief. It is developed to provide comfortable, effective daily neck pain relief in your home or when you travel. TracCollar is constructed of lightweight plastic foam and does not require assembly or batteries. The collar fastens with secure buckles and it's fabric covering can be removed for cleaning.

TracCollar is an air powered neck traction collar that will help to relieve downward pressure on spinal discs, thereby removing compressive forces which helps to reduce herniations, disc protrusions and ease the pain of pinched nerves and associated symptoms. By decreasing pressure, TracCollar will also improve the blood and nerve circulation to the neck, shoulders and arms, which can lead to reduced tension and promote healing, as well as relax muscles to provide relief of neck related headaches.



[www.traccollar.com](http://www.traccollar.com)

## Instructions For TracCollar Use

Prior to use, consult your physician or medical practitioner for your home treatment program.

- 1) Place the collar gently on your neck with the opening in the back. The inflation bulbs should be in the front of the collar. Place your chin in the groove at the front of the collar. There should not be any squeezing sensation in your neck or discomfort.
- 2) Fasten and adjust the collar with the buckles. The collar should only rest against your

throat and neck. Behind the neck, the ends of collar may not necessarily touch; however, the bladders will still inflate the device evenly.

3) To use the collar in a seated position, sit up straight with your back against the chair. Your head should be in a level position facing forward. For use lying down, a pillow is recommended.

4) Inflate the collar by pumping the bulbs until a light stretch is felt in your neck. You can adjust the right and left sides by inflating the appropriate bulb to find the perfect pull.

5) Your head should rest comfortably against the back of the collar.

6) Pump the bulbs again until a pleasant stretch is felt. **The bulbs should not be pumped more than 15 times on each side.**

7) Press the valves to release the air pressure.



### TracCollar Warnings

1) Keep out of reach of children.

2) The inflation bulbs should not be pumped more than 15 times on each side, since maximum traction is achieved at that setting and damage to the collar could result.

3) TracCollar should not replace traditional physical therapy, and should only be used to supplement treatment under the supervision of a physician or medical professional.

4) TracCollar is first and foremost a traction device and is not meant for use as a stabilization collar.

5) The bladders inside the TracCollar contain natural rubber latex which may cause allergic reactions.

6) If you feel light-headed, dizzy, nauseous or experience any pain, discontinue use and consult your physician or medical professional immediately.

7) The device should not be used if your neck has any external wounds.

8) Do not use the device while operating machinery, driving or walking. Keep the TracCollar away from sharp objects.

9) TracCollar's design was developed by orthopedic-engineers for a better, more comfortable treatment. The collar is constructed of plastic foam while the inflatable bladders inside the TracCollar contain natural rubber latex. The fabric covering is made of durable tricot with 97% cotton and 3% lycra. TracCollar allows therapists to provide their patients with an effective traction treatment in their daily care.

Traction is a recognized method used by physical therapists to pull the neck slightly for pain relief. TracCollar is a device for professional and home use.

### **TracCollar Care And Storage**

- 1) Keep out of reach of children.
- 2) To clean, gently wipe off the collar with warm water and a mild soap.
- 3) The fabric covering may be removed to wash by hand.

### **TracCollar Warranty**

The TracCollar is warranted to be free from defects in materials and workmanship occurring within one year from date of purchase, when used in strict accordance with the instructions provided. The sole remedy for a breach of this warranty is replacement of the entire defective product.

This warranty extends only to the original purchaser. The purchase receipt or other proof of date of original purchase is required before full replacement will be provided. The warranty described above does not extend to the normal wear of the product and is void if the product housing has been removed or if the product fails to function properly as a result of accident, misuse, abuse, neglect, mishandling, over-inflation, misapplication, set-up, adjustments, improper maintenance, alteration, modification, use of the product which differs from the suggested use set forth in the product instructions or acts beyond the control of the manufacturer.

Our TracCollars are new and we do not provide used products which may be contaminated. Therefore, we only warranty a TracCollar purchased directly from TracCollar.com.

[www.traccollar.com](http://www.traccollar.com)