

## Saunders<sup>®</sup> Cervical Traction

Safe, Effective Home Treatment



### Safe

A proven alternative to surgery for some patients

- Traction forces are directed to the back of the head to prevent compression of the TMJ
- Easy-to-read pressure gauge provides total control of the force at all times
- Blow-off valve limits the amount of force that can be applied

### Effective

A cost effective option to continuous clinical care

- Innovative design replicates clinical traction and promotes consistency of treatment
- Positioning alternatives allow varying treatment options for the clinician
- Patented pneumatic system ensures reliable force accuracy and leak-free performance

### Easy to Use

A portable treatment solution that increases patient compliance and satisfaction

- Patented self-adjusting neck wedges ensure a perfect fit
- Patented pump design incorporates a simple "click in place" mechanism
- Quick and simple patient set-up enables home traction without assistance

# Saunders® Cervical Traction

## Treatment Guidelines

DISORDER	GOALS	MODE	FORCE	TIME	FREQUENCY
Herniated Disc Syndrome	<ul style="list-style-type: none"> <li>• Reduce nerve compression</li> <li>• Relieve pain</li> </ul>	Static	20–30# female 25–40# male	8–12 minutes	1–4 times daily
Degenerative Disc Disease	<ul style="list-style-type: none"> <li>• Stimulate nutrition</li> <li>• Improve spinal function</li> <li>• Reduce nerve compression</li> </ul>	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Degenerative Joint Disease	<ul style="list-style-type: none"> <li>• Stimulate nutrition</li> <li>• Improve spinal function</li> <li>• Reduce nerve compression</li> </ul>	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Cervical Headache	<ul style="list-style-type: none"> <li>• Reduce muscle tension</li> <li>• Relieve neck and head pain</li> </ul>	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Joint Fixation, Facet Impingement	<ul style="list-style-type: none"> <li>• Unlock facet joint</li> <li>• Increase range of motion</li> <li>• Relieve pain</li> </ul>	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Poor Posture	<ul style="list-style-type: none"> <li>• Posture correction</li> <li>• Increase range of motion</li> <li>• Relieve pain</li> </ul>	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Soft Tissue Stiffness	<ul style="list-style-type: none"> <li>• Increase range of motion</li> <li>• Relieve pain</li> </ul>	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Chronic Whiplash Syndrome	<ul style="list-style-type: none"> <li>• Increase range of motion</li> <li>• Relieve pain</li> </ul>	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily

These guidelines are intended as a useful tool for clinicians. They are based on available evidence in the literature and in clinical practice. They should not substitute for professional judgment. We recommend all protocols be performed to patient tolerance. A list of references is available upon request.

- Gradually work up to recommended treatment times and force. Initial treatment times of three to five minutes may be required for acute or irritable conditions.
- The forces listed above are for patients of average size and mobility.
- The device is pre-set at a 15 degree angle which positions the majority of patients in a neutral posture. The angle adjuster may need to be increased for patients with severe forward head posture or thoracic kyphosis.
- Side-bend the device to achieve a unilateral pull.



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