

Physical Therapy Department

Home Traction Instruction



EQUIPMENT REQUIRED

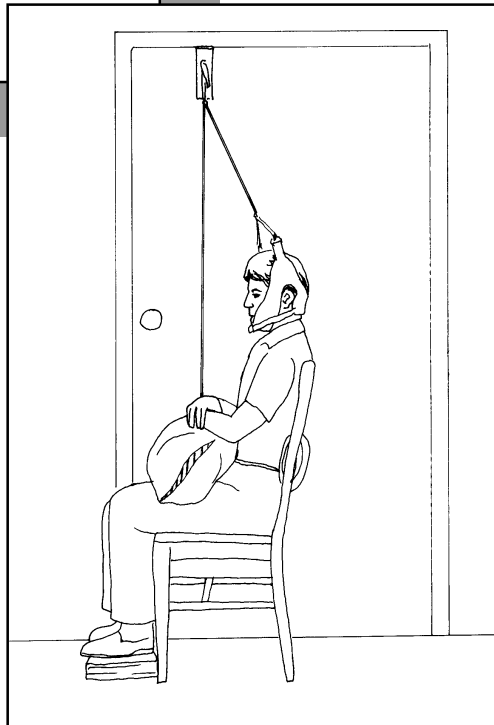
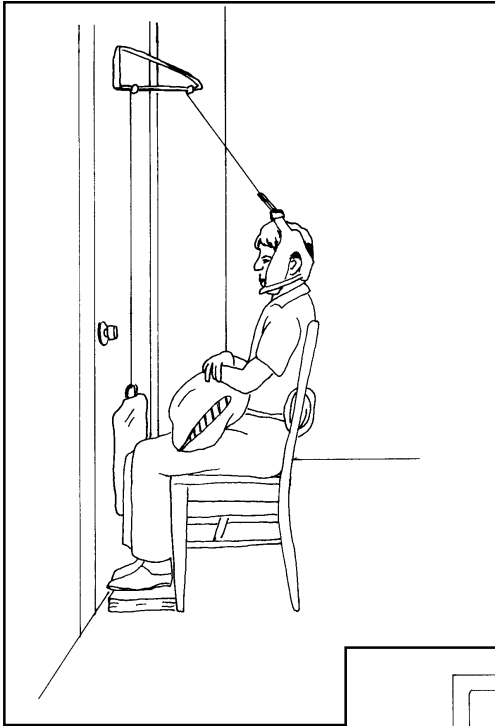
1. Boxed home traction unit issued by Physical Therapy Dept.
2. A closed door
3. A comfortable straight back chair, preferably with arms or use pillows on your lap to support your arms
4. Foot rest (stool, phone book, box)
5. Towel roll for low back
6. Timer
7. Mirror - practice applying halter in front of mirror until you are comfortable with the set-up

Now you are ready to assemble the unit and proceed with your home traction.



(1)

GENERAL INSTRUCTIONS FOR USE OF HOME TRACTION



(2)

1. Position: _____
2. Frequency: _____
3. Guidelines for progression:

WEIGHT IN POUNDS

TIME

Day #1 _____	for	_____
Day #2 _____	for	_____
Day #3 _____	for	_____
Day #4 _____	for	_____
Day #5 _____	for	_____
Day #6 _____	for	_____
Day #7 _____	for	_____

Increase weight by _____ pounds.

Continue time sequence as noted above.

The maximum amount the water bag holds is 20 lbs.

4. Common Responses -
 - You may feel nothing initially but continue your progression.
 - You may feel some reaction in your neck or mid-back; this is normal soft tissue stretching. Continue your progression.
 - If you develop increased discomfort (headache, jaw pain, shoulder pain), drop back to previous tolerable level or call your Physical Therapist for advice.
5. When relief of your symptoms occurs, remain at your relief level for _____. Then decrease treatment to 3 times a week, then 2 times a week, then discontinue use of traction.
6. If symptoms return within 1 month, resume traction at previous relief level.
7. If symptoms return months (or years) later, begin traction as initially instructed at Day #1.

(3)

COMMON QUESTIONS

1. **When should I use the traction?**

- Anytime in the day that you are least likely to be interrupted.
- It may take several trial times to find the right time of day that is best for you.

2. **How often should I use home traction?**

- Daily and preferably the same time each day.

3. **Can I use it more than once a day?**

Yes; you may use it twice a day. Remain at the same level each time you do it in that day. Only change levels daily, not each time you set yourself up in that day.

4. **Is it really important to use daily?**

Yes; maximum benefit is dependent upon being consistent. The unit travels well and will fit in most travel bags.

5. **How can I relax while on traction?**

- Take a warm shower before use
- Quiet atmosphere
- Use heat or ice while on traction
- Play soft music
- Read
- Meditate or listen to relaxation tapes

6. **What should I do if I develop new problems?**

- Check to be sure your set up is correct.
- Drop back to previous comfortable level and remain 2 days (or more) as needed; then resume progression.
- If symptoms persist, call M.D.

COMMON QUESTIONS

7. **What if I feel pull on my chin?**

- Check angle of pull from door. (You may have to move chair closer or further from closed door.)
- Your chin straps may be fastened too tightly. Loosen straps.
- Drop back to comfortable level. (The weight and/or duration of time may be the problem.)

8. **What if I have jaw pain?**

- Your chin straps may be too tight
- Place washcloth inside chin portion of halter
- Place washcloth between teeth
- Drop back to comfortable level

9. **Should I exercise my neck while in traction?**

No; this may aggravate your problem.

10. **If I fall asleep and I'm on the traction too long, will it hurt me?**

- There should be no long term effect, but you may be sore for a day or more.
- Use a timer to prevent this from happening.

11. **How long do I have to use the traction?**

- If you have had your problem for a long time, it may take several weeks to feel some initial improvement.
- If it is an acute problem, results may occur sooner.

12. **What if the water bag breaks?**

- Call Physical Therapy Dept. for replacement bag.
- To prevent breakage, apply electrical tape over seams prior to initial use.
- Between uses place water bag flat.

13. **Can the halter be cleaned?**

- Yes; wash in cold water by hand and line dry. Do not put in dryer.
- To avoid frequent cleaning, remove make-up/lipstick. Line halter with Kleenex (tissue) for protection.

CONCLUSION

No two people or conditions are the same. Be patient.

If you have any questions regarding the traction instruction, call the Physical Therapy Dept. for phone advice at _____.

If symptoms become worse or different, contact your physician.