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› Body Sport TracCollar Cervical Neck Traction Device Instruction Manual (Model 111LRG)

Body Sport 111LRG

Body Sport TracCollar Cervical Neck Traction Device Instruction Manual

Model: 111LRG

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Body Sport TracCollar Cervical Neck Traction Device. Please read all instructions carefully before use and retain this manual for future reference.



Image: The Body Sport TracCollar, featuring a black exterior with a blue interior, and two attached hand pumps for inflation.

SAFETY INFORMATION

It is crucial to adhere to the following safety guidelines to prevent injury and ensure proper use of the device:

- Do not use this device for recent sprains and/or strains, neck injury, or acute conditions.
- Discontinue use immediately if you experience light-headedness, dizziness, nausea, or any pain.
- Consult a healthcare professional before using this device if you have any pre-existing medical conditions.
- Do not over-inflate the collar. Over-inflation can cause discomfort or injury.

INDICATIONS FOR USE

The Body Sport TracCollar is designed to assist with:

- Improving posture.
- Enhancing neck mobility.
- Promoting circulation by relieving pressure from the neck, shoulders, and arms.
- Gently stretching and relaxing muscles and joints.
- Alleviating discomfort associated with conditions such as arthritis, disc issues, nerve compression, and certain types of headaches.

SETUP AND OPERATION

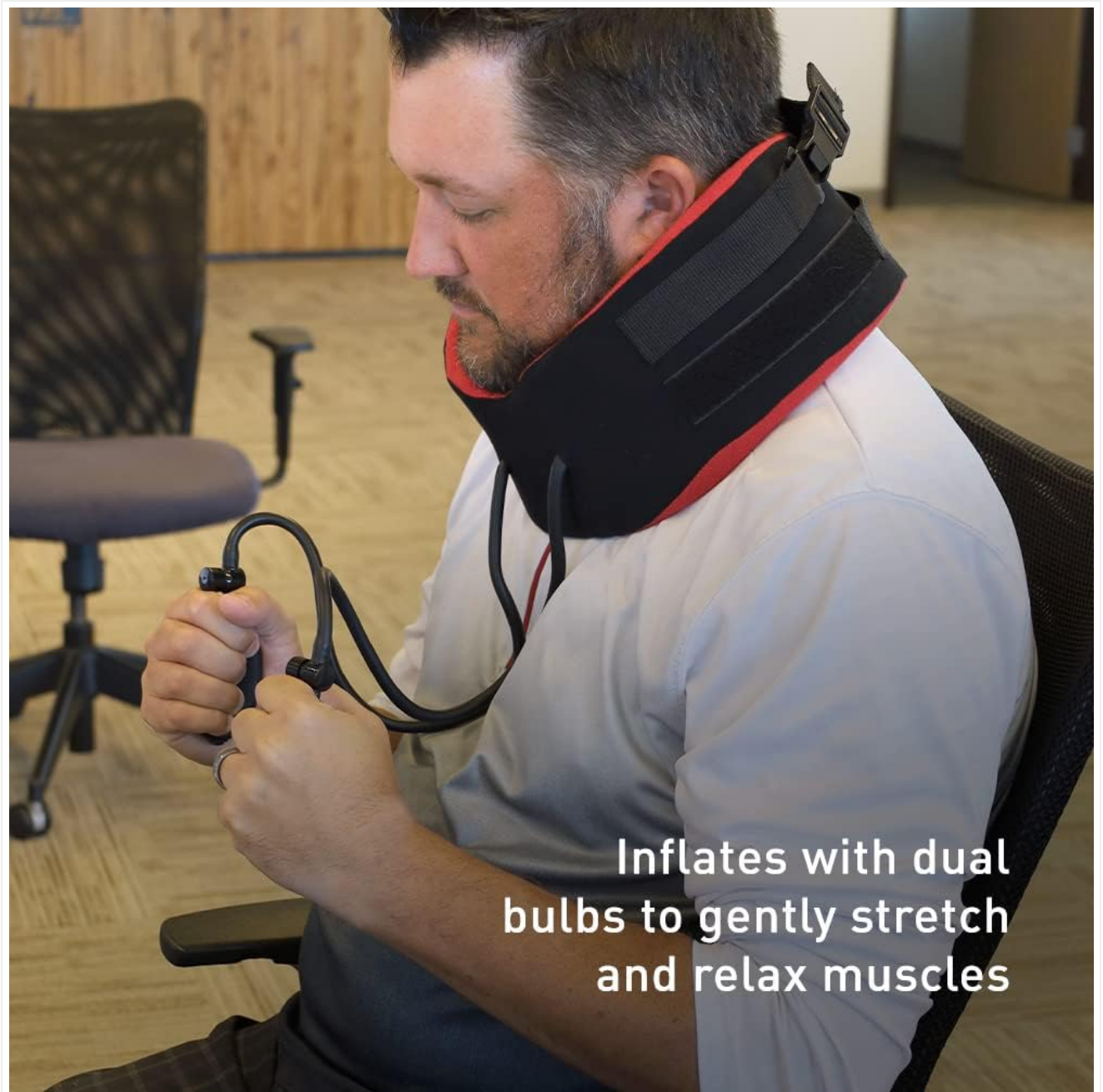
Follow these steps for proper setup and operation of your TracCollar:

1. **Positioning the Collar:** Place the Body Sport TracCollar around your neck with the opening positioned at the back. Ensure the inflation pumps are accessible at the front. Your chin should rest comfortably in the groove at the front of the collar.



Image: Side view of the TracCollar, highlighting the adjustable buckles and Velcro closures for a secure fit.

2. **Securing the Device:** Fasten and adjust the traction collar using the buckles and Velcro closures. The collar should rest against the front and back of your neck. The ends of the collar do not necessarily need to touch, as the internal bladders will inflate evenly.
3. **Body Position:**
 - When using while sitting, maintain a level head position facing forward.
 - For use while lying down, a pillow is recommended for comfort.



Inflates with dual
bulbs to gently stretch
and relax muscles

Image: A person seated, holding the two hand pumps and inflating the TracCollar around their neck.

4. **Inflation:** Inflate the TracCollar by squeezing the two hand pumps. Inflate until a gentle stretch is felt in your neck. Adjust the right and left sides individually by inflating the appropriate pump to achieve the desired level of neck traction. Do not pump more than 15 times on either side.
5. **Deflation and Removal:** Once your session is complete, press the valves on the pumps to release the air pressure. Carefully remove the collar from your neck.

MAINTENANCE AND CARE

Proper maintenance ensures the longevity and hygiene of your TracCollar:

- The device is washable. Refer to the product label for specific washing instructions.
- Store the TracCollar in its carrying case when not in use to protect it from dust and damage.



Image: The TracCollar neatly folded and stored inside its black carrying case, labeled "TracCollar by BodyMed".

- Inspect the device regularly for any signs of wear or damage to the material or inflation system. Discontinue use if damage is found.

TROUBLESHOOTING

If you encounter issues with your TracCollar, consider the following:

- **Device not inflating:** Check that the valves on the pumps are closed before attempting to inflate. Ensure there are no punctures or leaks in the collar or tubing.
- **Insufficient traction:** Ensure the collar is securely fastened around your neck. Inflate both sides evenly until a gentle stretch is felt, without exceeding 15 pumps per side. Remember that traction is most effective when relaxed, such as when reclining.
- **Discomfort during use:** Immediately deflate the device if you experience any pain or significant discomfort. Re-evaluate the fit and inflation level. Ensure you are not over-inflating.

SPECIFICATIONS

Model Number	111LRG
Brand	Body Sport
Size	Medium/Large (Fits 16 in. to 18 in. neck size)
Color	Blue (interior) / Black (exterior)
Material	Plastic (internal components), Fabric (exterior)
Product Dimensions	10.3 x 9.9 x 5.15 inches
Item Weight	1.62 Pounds

WARRANTY AND SUPPORT

For warranty information or product support, please contact Body Sport customer service. Details can typically be found on the product packaging or the official Body Sport website.

Manufacturer: Body Sport

Website: [Visit the Body Sport Store on Amazon](#)