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Neckpro 1902

Neckpro II Cervical Traction Device Instruction Manual

Model: 1902

INTRODUCTION

The Neckpro II Cervical Traction Device is designed to provide cervical traction for relief from neck pain, pinched nerves, cervical radiculopathy, disc herniation, and to assist with posture correction. This manual provides instructions for the safe and effective use of your device. Please read all instructions carefully before use.

SETUP

Follow these steps to properly set up your Neckpro II Cervical Traction Device:

1. **Mounting the Door Bracket:** Ensure the door is closed prior to use. Securely clamp the adjustable door bracket to the top of a sturdy door. Insert the spacer pin securely into the proper hole on the bracket to ensure stability. The bracket is designed to fit most doors without requiring tools.
2. **Attaching the Traction Unit:** Attach the Neckpro II traction unit to the carabiner on the door bracket.
3. **Attaching the Head Halter:** Connect the head halter to the traction unit. The head halter features skin-friendly, soft material and hook-and-loop straps for a comfortable and secure fit.

Comfortable & Effective



Neckpro II

Fabtrac cervical traction

Image: The Neckpro II device mounted on a door, highlighting the adjustable door bracket and the comfortable head halter.

Kit includes:



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Image: A detailed view of the Neckpro II kit components, including the adjustable overdoor mounting bracket, the Neckpro II traction unit, and the head halter with hook and loop straps.

OPERATING INSTRUCTIONS

To use the Neckpro II Cervical Traction Device effectively:

- Positioning:** Sit in a straight-backed chair facing the door where the device is mounted. Ensure your back is straight and your feet are flat on the floor.
- Applying the Head Halter:** Place the head halter around your head, ensuring it is positioned comfortably under your chin and at the back of your head. Adjust the hook-and-loop straps for a snug but not overly tight fit. The halter should feel secure without causing discomfort.
- Applying Traction:** Gently pull the cord of the traction unit to apply tension. The device features a quick-release mechanism on the halter for added safety, allowing for immediate release of tension if needed.
- Duration and Intensity:** Begin with minimal tension and short durations, typically 10-15 minutes per session, unless otherwise advised by a healthcare professional. Gradually increase the tension and duration as your comfort allows.
- Release:** To release tension, simply use the quick-release on the halter or slowly ease off the pull on the cord.

Use for Many Different Symptoms

BEFORE

Neck pain, shoulder pain,
back pain, headache,
sitting position error,
migraine



USING

The Neckpro II
Fabtrac cervical
traction unit
stretches out the
spine and allows the
discs to become
de-compressed.

This reverses
herniation resulting
in alleviation of
some pain
and tension.



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Image: A visual comparison illustrating the potential improvement in posture from a 'Before' state of neck and shoulder pain to an 'Using' state with the Neckpro II device, which stretches the spine and decompresses discs.

Use anywhere you have a door!

- At home
- In the office
- Traveling



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Fabtrac cervical traction

Image: A man demonstrating the proper use of the Neckpro II cervical traction device, highlighting its portability and ease of use in various locations such as home or office.

MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your device:

- **Cleaning:** Wipe down the device components with a damp cloth as needed. Do not use harsh chemical cleaners, as they may damage the materials.
- **Storage:** Store the device in a clean, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect all components, including the door bracket, traction unit, rope, and head halter, for any signs of wear, fraying, or damage. Discontinue use immediately if any part is compromised and contact customer support for assistance.

TROUBLESHOOTING

If you encounter issues with your Neckpro II device, consider the following:

- **Insufficient Traction or Slippage:** If the traction unit does not hold tension effectively or slips during use, it may be due to the internal pulley system. The standard plastic pulley system may be designed to support a limited amount of traction (e.g., up to 25 pounds). For users requiring higher tension or experiencing slippage,

some individuals have opted to replace the internal pulley system with a more robust, higher-capacity rope lock tie-down system (e.g., one rated for 150 lbs) available from hardware stores. This modification is not officially endorsed by the manufacturer and should be undertaken with caution and at the user's own risk.

- **Discomfort during use:** Ensure the head halter is positioned correctly and adjusted for a snug but comfortable fit. If discomfort persists, reduce the amount of tension or discontinue use and consult a healthcare professional.

SPECIFICATIONS

Model Number	1902
Brand	Neckpro
Manufacturer	BODYHEALT Inc
Product Dimensions	26 x 3.5 x 20 inches
Item Weight	1.7 Grams
Unit Count	2.4 Pounds
Color	White
Target Use Body Part	Neck
Specific Uses For Product	Posture Correction
Age Range Description	Adult
Country Of Origin	China

WARRANTY INFORMATION

This product comes with a standard manufacturer's warranty. For specific warranty terms, conditions, and duration, please refer to the product packaging or contact customer support. Keep your proof of purchase for warranty claims.

SUPPORT INFORMATION

For any questions, concerns, or assistance with your Neckpro II Cervical Traction Device, please contact the manufacturer, BODYHEALT Inc., or your retailer. Always consult with a healthcare professional before starting any new traction therapy.