

## Dr Ho's Neck Comforter

# Dr-Ho's Neck Comforter Cervical Traction Device Instruction Manual

## INTRODUCTION

The Dr-Ho's Neck Comforter is an inflatable cervical traction device designed to provide gentle and effective neck decompression and support. It assists in relieving pressure, tension, and stiffness in the cervical spine, promoting improved posture and circulation. This manual provides essential information for the proper setup, operation, and care of your device.

## SAFETY INFORMATION

**Important:** If you have health concerns, it is recommended to consult with your doctor before using this device.

This device is intended for personal use as a cervical traction aid. It is not intended to diagnose, treat, cure, or prevent any disease or health condition. Discontinue use if you experience discomfort or pain.

## COMPONENTS

The Dr-Ho's Neck Comforter includes the following parts:

- Inflatable Neck Comforter Unit
- Hand Pump with Slow Air Release Valve
- Air Lock Bead
- Adjustable Velcro® Straps



Image: The Dr-Ho's Neck Comforter, showing the inflatable collar and attached hand pump with tubing.

## SETUP AND ASSEMBLY

Follow these steps to prepare your Dr-Ho's Neck Comforter for use:

1. Place the Dr-Ho's Neck Comforter around your neck with the air pump positioned on your left side.
2. Secure the device by attaching the adjustable Velcro® straps. Ensure a snug but comfortable fit around your neck.
3. Locate the Slow Air Release Valve on the Pump Bulb. Turn this valve clockwise to close it off before inflation.
4. Identify the 1st Air Lock Bead located in the side pocket of the black tube, just above the Pump Bulb. Ensure this Air Lock Bead is inside the side pocket before proceeding with inflation.



Image: A person wearing the Dr-Ho's Neck Comforter, demonstrating its use for neck traction.

# OPERATING INSTRUCTIONS

## Inflation

1. With the Slow Air Release Valve closed and the Air Lock Bead in its side pocket, repeatedly squeeze the Pump Bulb to inflate the Neck Comforter.
2. Continue squeezing until the desired firmness and level of neck traction are reached. Do not over-inflate to the point of discomfort or pain.
3. Once the desired inflation is achieved, squeeze the Air Lock Bead from the side pocket into the air passage and push it up. This action locks the air inside the Neck Comforter, preventing it from deflating instantly.

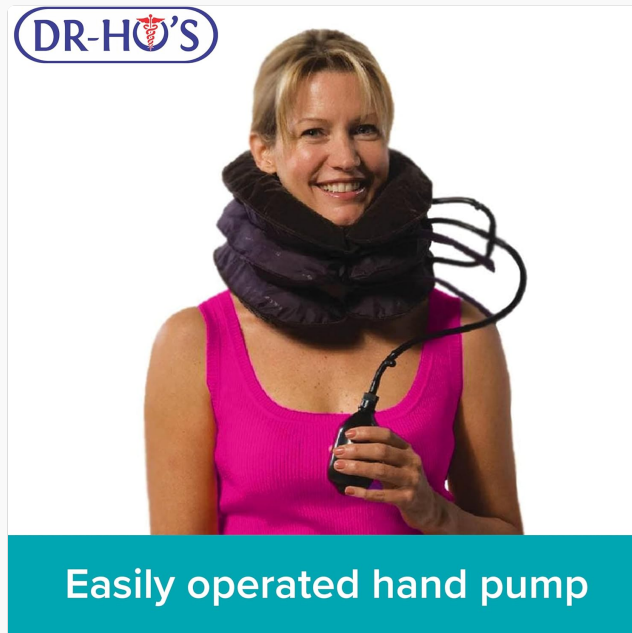


Image: A user holding the hand pump, illustrating the ease of inflation for the Dr-Ho's Neck Comforter.

## Deflation

To deflate the Dr-Ho's Neck Comforter:

1. Move the Air Lock Bead out of the air passage and into the concave area of the tube.
2. Twist the Slow Air Release Valve (located at the Pump Bulb) counter-clockwise to open it. The Neck Comforter will then deflate.

## USAGE GUIDELINES

The Dr-Ho's Neck Comforter can be used in various settings to support neck posture and provide gentle traction.

- **Duration:** Use for periods that feel comfortable, typically 15-30 minutes per session, or as recommended by a healthcare professional.
- **Comfort:** Adjust the inflation level to ensure comfort. The device should provide gentle support without causing pain or excessive pressure.
- **Versatility:** Suitable for use while sitting, standing, or lying down, making it convenient for home or office use.



Great for athletes and those recovering from injury

Image: A person wearing the Dr-Ho's Neck Comforter while working at a desk, highlighting its suitability for various activities.



Use at home or on the go

Image: A person relaxing on a couch while wearing the Dr-Ho's Neck Comforter, demonstrating its use for relaxation.

## MAINTENANCE AND CARE

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To ensure the longevity and hygiene of your Dr-Ho's Neck Comforter:

- **Cleaning:** Wipe the surface of the device with a damp cloth and mild soap. Do not immerse the device in water.
- **Storage:** Deflate the device completely before storing. Store in a cool, dry place away from direct sunlight and sharp objects.
- **Inspection:** Regularly inspect the device for any signs of wear, tears, or damage to the inflatable chambers or tubing. Discontinue use if damage is found.

## TROUBLESHOOTING

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If you encounter issues with your Dr-Ho's Neck Comforter, consider the following:

- **Device not inflating:** Ensure the Slow Air Release Valve is fully closed (turned clockwise) and the Air Lock Bead is in its side pocket before pumping. Check for any punctures or leaks in the inflatable chambers or tubing.
- **Device deflates quickly:** Verify that the Air Lock Bead is securely pushed into the air passage after inflation. Check for any leaks.
- **Discomfort during use:** Reduce the inflation level. The device should provide gentle traction, not pain. Ensure the Velcro® straps are not too tight.

## SPECIFICATIONS

Feature	Detail
Brand	Dr Ho's
Model Number	DR-HO'S NECK PAINPRO SYSTEM TENS
Product Dimensions	6.89 x 3.15 x 10.43 inches
Item Weight	10.4 ounces
Power Source	Manual/Hand-Powered
Use For	Neck
Color	Purple

## SUPPORT AND WARRANTY

For product support, inquiries, or information regarding warranty, please contact Dr Ho's customer service directly. Refer to the product packaging or the official Dr Ho's website for contact details.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.