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Model: Cervical Neck Traction Massage Device

INTRODUCTION

This manual provides instructions for the safe and effective use of the Xemz Cervical Neck Traction Massage Device. This device is designed to provide relief for neck and shoulder discomfort through traction and massage.

Note: This device is intended to relieve pain and discomfort. It is not designed to cure any diseases or medical conditions. Consult a healthcare professional for persistent pain or medical advice.

PRODUCT OVERVIEW

The Xemz Cervical Neck Traction Massage Device features an ergonomic design with silicone massage balls for targeted pressure. It is constructed from durable materials for long-lasting use.

High Quality ABS Material ,Strong And Durable,Good Compression Resistance



Image: The device is made of high-quality ABS material, ensuring strength and compression resistance. Close-ups show the silicone massage balls and the base material.

The device utilizes a three-point finger press simulation to target specific areas around the posterior skull, first cervical vertebra, and seventh cervical vertebra for pain relief.

Neck Traction Device

Three Point Finger Press

Simulated finger compression position: around the posterior skull, around the first cervical vertebra, and around the 7th cervical vertebra, allowing the pressing area to be pain relief quickly

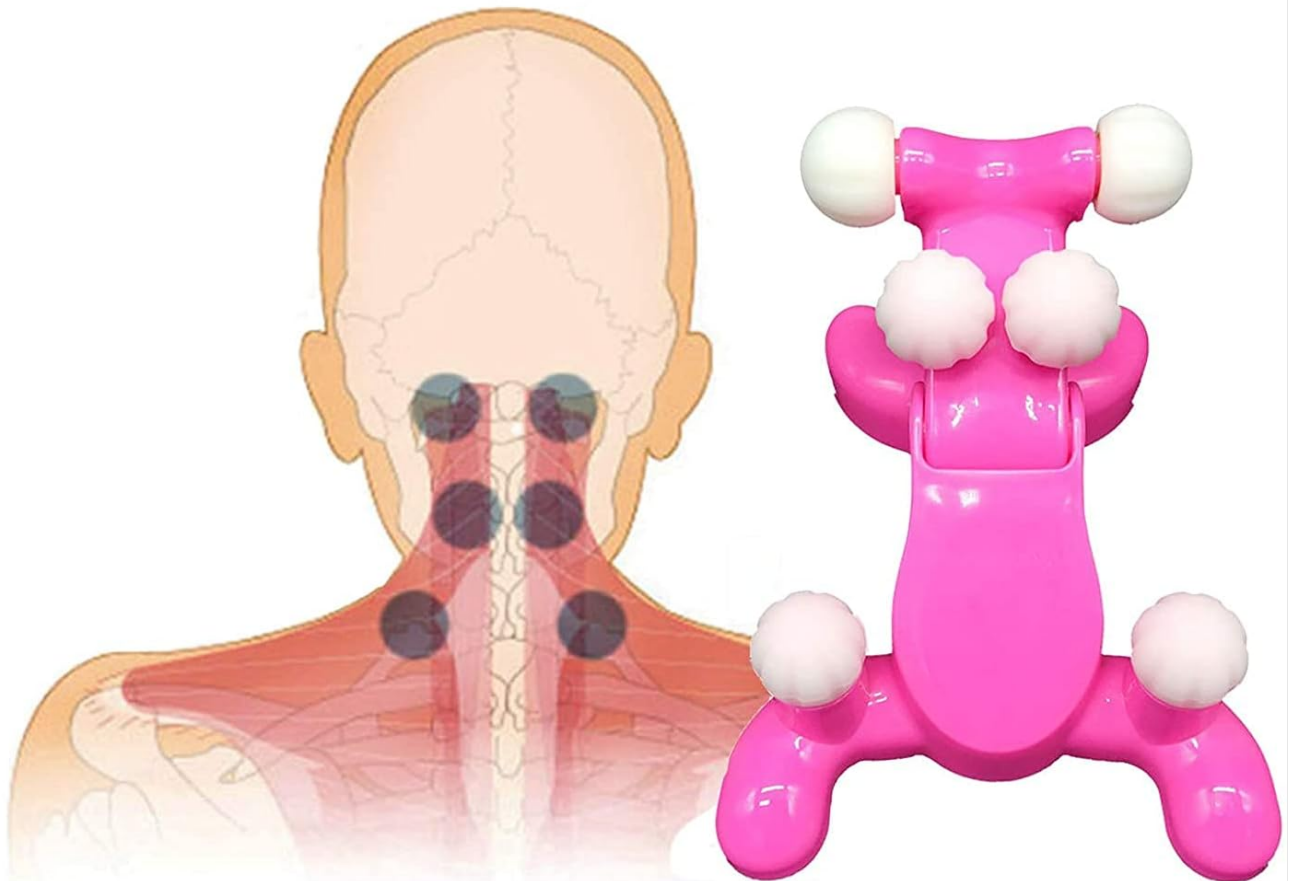


Image: Illustration of the device's "Three Point Finger Press" mechanism, showing how it targets specific points on the neck and upper back for simulated finger compression.

SETUP

1. **Choose a Flat Surface:** Place the device on a flat, firm surface such as the floor or a yoga mat.
2. **Position Yourself:** Lie on your back.

OPERATING INSTRUCTIONS

Follow these steps for effective use of the device:

1. **Initial Placement:** While lying on your back, gently lift your neck.
2. **Position Device:** Carefully place the Xemz Cervical Neck Traction Massage Device directly under your neck, ensuring the massage points align with the desired areas of your neck and upper shoulders.
3. **Lie Down Slowly:** Slowly and completely lower your head and neck onto the device. Allow your body weight to create

gentle traction and pressure on the massage points.

4. **Gentle Movement:** For enhanced relief, gently stretch and shake your neck from side to side. This movement can help release tension and stress.
5. **Duration:** Use for approximately 10 minutes per session. Regular use can help relax neck and shoulder muscles.

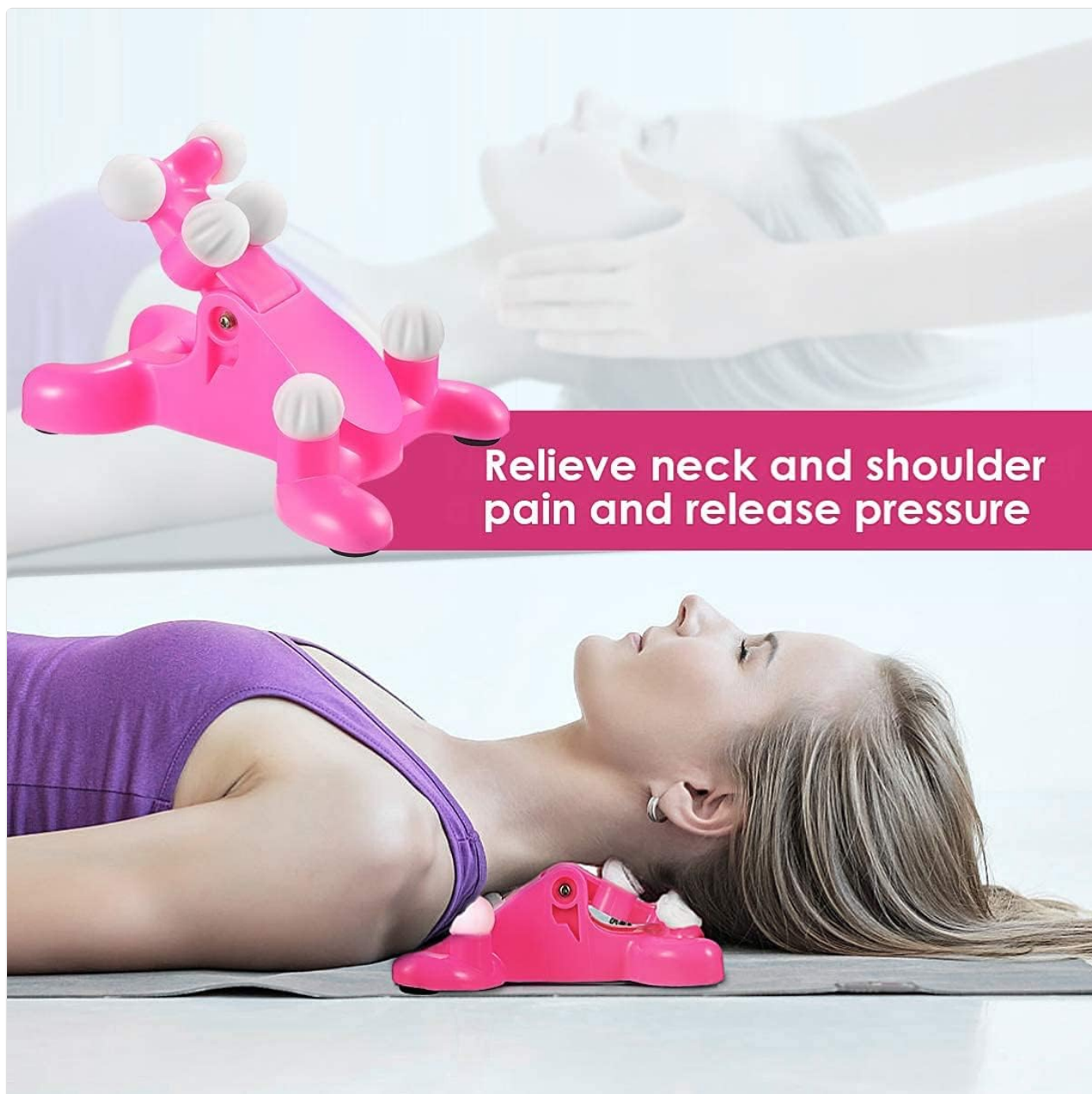


Image: A user demonstrating the correct posture for using the device, lying on their back with the device supporting the neck to relieve pressure.

Benefits of Use

Regular use of the device can contribute to:

- Relief from tension headaches and sore muscles.
- Improved blood flow and circulation in the neck and shoulder area.
- Relaxation of neck and jaw muscles.
- Potential for improved posture by gradually releasing and relaxing neck and shoulder muscles.



Main Function

Tension Headache Relief and Deep Relaxation for Sore Muscles, Trigger Point Therapy Simulates Finger Massage, Plays the Role of Traction.



neck



vertebral



Back

Image: Visual representation of the device's main functions, showing its role in tension headache relief, deep muscle relaxation, and trigger point therapy for the neck, vertebral area, and back.

✓ blood flow

✓ circulation

✓ relaxation



Intervertebral Space Expand

It can enlarge the intervertebral space and improve blood flow and circulation.



Pinched nerves
are released

Pressure is relieved

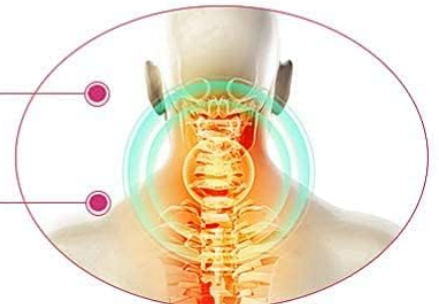


Image: An infographic detailing how the device can expand intervertebral space, improve blood flow and circulation, leading to released pinched nerves and relieved pressure.



Before



**Muscles are in a stiff state,
soreness is uncomfortable**

After



**Muscle are in a relaxed state,
muscle release**

Image: A visual comparison illustrating the transition from stiff, uncomfortable muscles (blue area) to relaxed muscles (orange area) after using the device.

Problems Caused by The Cervical Spine



Improve Cervical Spine Problems Correct Posture

Image: A sequence of figures showing the progression of posture improvement, from a forward head posture to a more aligned cervical spine, with the device shown as a tool for correction.

MAINTENANCE

- **Cleaning:** Wipe the device with a damp cloth and mild soap if necessary. Ensure it is completely dry before storage.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Discomfort during use	Incorrect positioning; initial sensitivity.	Adjust the device's position slightly. Start with shorter sessions (e.g., 5 minutes) and gradually increase duration as comfort allows. Ensure you are lying on a flat, firm surface.

Problem	Possible Cause	Solution
No noticeable relief	Insufficient usage time; improper technique.	Ensure consistent use for 10 minutes daily. Review operating instructions to confirm correct technique. Relief may vary per individual.

SPECIFICATIONS

- **Color:** Pink
- **Material:** PP + stainless steel + silicone
- **Dimensions:** 20 x 15 x 13.5 cm (7.87 x 5.90 x 5.31 inches)
- **Weight:** 400 g (0.88 lb)
- **Manufacturer:** XEMZ

WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For support or inquiries, please contact the manufacturer, Xemz, through their official channels or the retailer where the product was purchased.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

