Saunders® Cervical Traction
Safe, Effective Home Treatment

**Safe**
A proven alternative to surgery for some patients

- Traction forces are directed to the back of the head to prevent compression of the TMJ
- Easy-to-read pressure gauge provides total control of the force at all times
- Blow-off valve limits the amount of force that can be applied

**Effective**
A cost effective option to continuous clinical care

- Innovative design replicates clinical traction and promotes consistency of treatment
- Positioning alternatives allow varying treatment options for the clinician
- Patented pneumatic system ensures reliable force accuracy and leak-free performance

**Easy to Use**
A portable treatment solution that increases patient compliance and satisfaction

- Patented self-adjusting neck wedges ensure a perfect fit
- Patented pump design incorporates a simple “click in place” mechanism
- Quick and simple patient set-up enables home traction without assistance
**Saunders® Cervical Traction**

**Treatment Guidelines**

<table>
<thead>
<tr>
<th>DISORDER</th>
<th>GOALS</th>
<th>MODE</th>
<th>FORCE</th>
<th>TIME</th>
<th>FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herniated Disc Syndrome</td>
<td>• Reduce nerve compression&lt;br&gt;• Relieve pain</td>
<td>Static</td>
<td>20–30# female 25–40# male</td>
<td>8–12 minutes</td>
<td>1–4 times daily</td>
</tr>
<tr>
<td>Degenerative Disc Disease</td>
<td>• Stimulate nutrition&lt;br&gt;• Improve spinal function&lt;br&gt;• Reduce nerve compression</td>
<td>Intermittent 25% force at rest</td>
<td>20–25# female 30–35# male</td>
<td>10–20 minutes</td>
<td>1–2 times daily</td>
</tr>
<tr>
<td>Degenerative Joint Disease</td>
<td>• Stimulate nutrition&lt;br&gt;• Improve spinal function&lt;br&gt;• Reduce nerve compression</td>
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<td>1–2 times daily</td>
</tr>
<tr>
<td>Cervical Headache</td>
<td>• Reduce muscle tension&lt;br&gt;• Relieve neck and head pain</td>
<td>Static</td>
<td>20–25# female 30–35# male</td>
<td>10–15 minutes</td>
<td>1–2 times daily</td>
</tr>
<tr>
<td>Joint Fixation, Facet Impingement</td>
<td>• Unlock facet joint&lt;br&gt;• Increase range of motion&lt;br&gt;• Relieve pain</td>
<td>Static</td>
<td>20–25# female 30–35# male</td>
<td>10–15 minutes</td>
<td>1–2 times daily</td>
</tr>
<tr>
<td>Poor Posture</td>
<td>• Posture correction&lt;br&gt;• Increase range of motion&lt;br&gt;• Relieve pain</td>
<td>Static</td>
<td>20–25# female 30–35# male</td>
<td>10–15 minutes</td>
<td>1–2 times daily</td>
</tr>
<tr>
<td>Soft Tissue Stiffness</td>
<td>• Increase range of motion&lt;br&gt;• Relieve pain</td>
<td>Static</td>
<td>20–25# female 30–35# male</td>
<td>10–15 minutes</td>
<td>1–2 times daily</td>
</tr>
<tr>
<td>Chronic Whiplash Syndrome</td>
<td>• Increase range of motion&lt;br&gt;• Relieve pain</td>
<td>Static</td>
<td>20–25# female 30–35# male</td>
<td>10–15 minutes</td>
<td>1–2 times daily</td>
</tr>
</tbody>
</table>

These guidelines are intended as a useful tool for clinicians. They are based on available evidence in the literature and in clinical practice. They should not substitute for professional judgment. We recommend all protocols be performed to patient tolerance. A list of references is available upon request.

- Gradually work up to recommended treatment times and force. Initial treatment times of three to five minutes may be required for acute or irritable conditions.
- The forces listed above are for patients of average size and mobility.
- The device is pre-set at a 15 degree angle which positions the majority of patients in a neutral posture. The angle adjuster may need to be increased for patients with severe forward head posture or thoracic kyphosis.
- Side-bend the device to achieve a unilateral pull.