

Cervical Traction for Home Treatment of Cervical Disc Herniations



Cervical Traction is an essential part of a successful treatment program:

The Three Part Protocol

1. **Posture** – Keep your head up; ears above the shoulders.
2. **Decompression** – Traction is the most effective form.
3. **Adjusting** – To keep the joints moving while you heal.

TRACTION

- Relieves nerve pain.
- Helps the disc heal more rapidly.
- Corrects forward head position which causes the disc to bulge.

How to Use the Cervical Traction Set

Lay down on a bed or table with your head at the edge.

Put the cervical traction harness over your chin with the strap over your forehead.

It is a good idea to set a timer or lie where you can see a clock...

Your head should be slightly over the edge.

When the time is up, release the traction weight keeping your head still and stay still for a minute.

If you feel pain in the back of the neck, slide down on the bed so your neck is not down as far.

Start with 3 minutes. Once you're comfortable with that you can increase the time to between 5 and 10 minutes.

I would rather have you do 3-5 minutes twice a day than 10 or more minutes once a day.

You should not feel any radiation of pain into arm or shoulder or dizziness. If you do, stop and call me.

- Traction sets come with 3 or 5 pound weights. Most people start with 3 pounds. People with more muscular necks may need 5 pounds or more. Consult the doctor.
- You should use the traction set every day until you have no weakness on testing and then daily for at least a month more to insure complete healing. Remember this is one of the three pillars and you need the other two.

If You Are Using an Inversion Table

You can use the cervical traction set at the same time you are doing inversion for your low back.

The table must be set for 45 degrees or less.

Just get on the table, as you normally would, but hold the traction set.

When you are inverted place the traction set over your chin.

When you are done, lower the traction set to the floor and come up.

Stop and Call the Doctor if You Have Any Problems or Questions



GEORGE MANLOVE, DC, PLLC

900 A MLK Blvd., Chapel Hill, NC 27514
gmanlove@gmail.com | 919-942-1930

www.drmanlove.com