

Saunders[®]

**Cervical Traction
User's Guide**



Congratulations on your purchase of a Saunders Cervical Traction device.

Your new traction device is designed to provide safe and effective traction (stretching) to the cervical region (neck.) Your Saunders Cervical Traction device requires no assembly and is ready to use out of the case. If you have questions regarding its use or to report any problems, contact your authorized Empi Traction Dealer or Empi at 1-800-862-2343.

Read these instructions completely before proceeding.

This device may contain one or all of the following symbols:



For Prescription Only



Refer to User's Guide



Caution



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Warnings and Precautions

WARNING: *The sale of this device is restricted to individuals by or on the order of a physician. The instructions provided by your health care provider should be followed precisely. Do not exceed the recommendations of your health care provider.* Exceeding these recommendations may aggravate an existing condition or cause additional injury. Traction should never cause pain. A stretching sensation or some slight discomfort may be felt during treatment. If pain is increased in the neck, back, arms or legs, or if you experience dizziness, nausea or any other type of pain or discomfort during or after treatment, discontinue use immediately and consult your health care provider before further use.

Indications for Use

Depending upon the advice of your health care provider, cervical traction can be used to treat these conditions:

- osteoarthritis
- muscle tightness
- headaches
- joint stiffness
- herniated discs
- nerve root compression

Contraindications for Use

Traction should not be used to treat these conditions:

- acute or traumatic injury
- rheumatoid arthritis
- spinal instability
- spinal cord compression
- fracture
- malignancy
- infections and inflammatory diseases
- any other conditions that may be made worse by movement

Before You Begin

Review the guidelines you received from your health care provider regarding the:

- amount of traction recommended (never so much that it hurts)
- duration (amount of time) of each treatment
- hold and relax times if intermittent traction is recommended
- number of treatments recommended per week or per day
- angle of pull

Remove earrings and any other jewelry or neckwear. Articles of clothing such as ties, scarves, hats and bulky shirt collars or sweaters should be removed since they may interfere with treatment. If you have long hair it should not be gathered on the back of your head, as in a braid or bun, since this will not allow your head to rest in the proper position.

Components

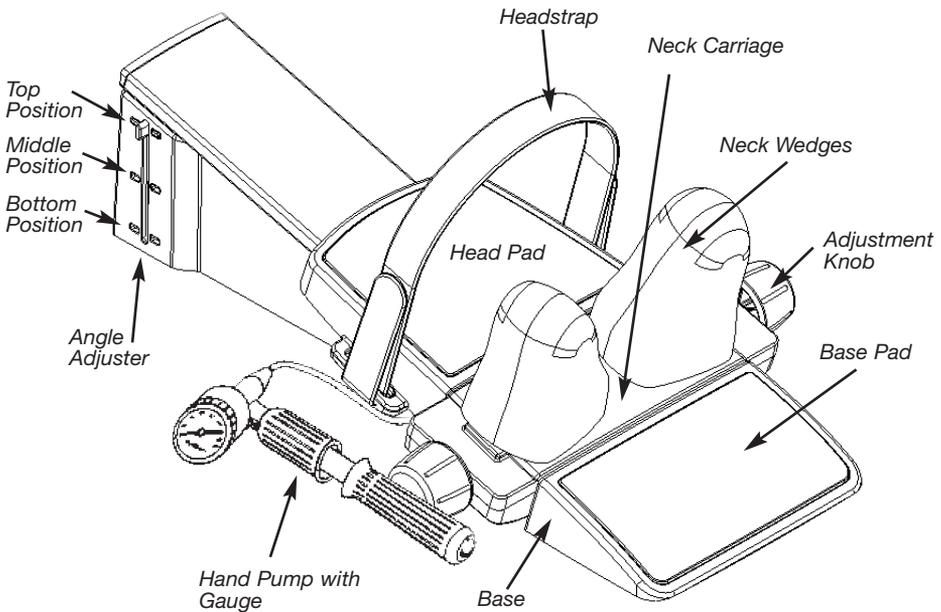


Figure 1. Components of the Saunders Cervical Traction device.

Preparing for Treatment

1. Place the Saunders Cervical Traction device on a carpeted floor or other firm surface. Check to make sure that the air hose is not being pinched by the bottom of the unit. Make sure you have enough room to lie down in a comfortable position.
2. Separate the neck wedges by rotating either of the black adjustment knobs so that your neck fits easily between the wedges. You can make additional adjustments after you lie down in the Saunders Cervical Traction device. **NOTE:** Do not over-rotate the adjustment knobs. This will result in stripping the internal gear.
3. Loosen the adjustable head strap.
4. Ensure the device is in the starting position - neck carriage should be touching the base. If not, rotate the gauge housing to the "RELEASE" position.
5. Set the traction angle prescribed by your health care provider by squeezing and sliding the tabs on both sides of the Angle Adjuster until it locks into place.

Angle Adjuster Positions: Top = 15 degrees, Middle = 20 degrees, Bottom = 25 degrees

NOTE: If your health care provider did not specify the angle of pull, leave the Angle Adjuster in the top position as shown (in Figure 1.)

6. Place the pump in a position so that you can reach it during treatment.
7. Set a timer for the length of treatment (not included with your Saunders Cervical Traction device.)

Applying Traction

1. Lie on your back, positioning your body so the neck wedges cradle the middle or narrowest part of your neck and your head rests

comfortably on the head pad (See Figure 2.) The neck wedges should contact your neck midway between the tips of your earlobes and the top of your shoulders.

2. Turn either of the adjustment knobs until the wedges have moved firmly against both sides of the neck.
3. As you settle into the Saunders Cervical Traction device, the neck wedges may slightly rotate and self-adjust to the contour of your head and neck, or you can rotate the wedges manually as needed for the most comfortable fit.
4. Secure the head strap over your forehead, just above the browline. This strap should fit snugly.
5. Apply traction using the pump as described in the next section.

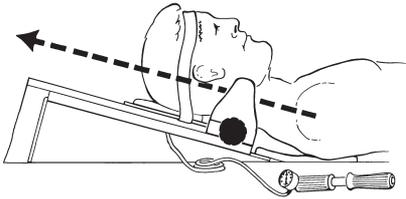
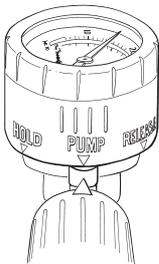


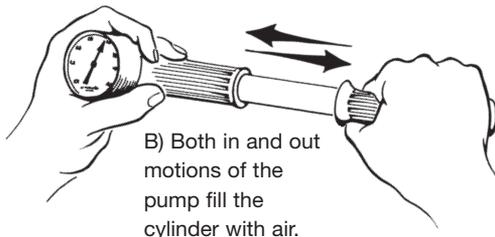
Figure 2. Using the Saunders Cervical Traction device

Hand Pump Operation

Once you are secure and comfortable in your Saunders Cervical Traction device, you will apply traction by pumping air into a cylinder using a hand pump (Figure 3.)



A) Close-up of gauge housing.



B) Both in and out motions of the pump fill the cylinder with air.

Figure 3. Hand pump operation.

Rotate the gauge housing of the hand pump to the “PUMP” position. Begin SLOWLY pumping air into the cylinder by stroking the pump handle all the way out and all the way in. Observe the gauge to make sure you are staying within the guidelines provided by your health care provider. When you have reached the desired amount of stretch, rotate the gauge housing to the “HOLD” position. Begin timing your treatment now, following the instructions of your health care provider.



CAUTION: Do not exceed level of traction prescribed by your health care provider. The stretch provided by traction should never cause pain. Relax . . . let your traction device do the work.

When the treatment is complete, release the traction by rotating the gauge housing to the “RELEASE” position.



CAUTION: Keep fingers away from the gap between the neck carriage and base.

Undo the head strap. You should rest and relax for a few moments; then move your head slightly up and down and side to side a few times before getting out of the traction device.

NOTE: In the course of your treatment it is normal for a small loss of pressure (by 10%) due to the relaxation of your spine. As this occurs, add additional air to return to the prescribed force. If you give too much traction, rotate the gauge housing to the “RELEASE” position to let some air out of the system.

Review of Hand Pump Operation

1. “HOLD” - holds traction force at the desired level.
2. “PUMP” - fills the cylinder with air, increasing the traction force.
3. “RELEASE” - empties air from the cylinder during or after treatment and prior to use.

Maintenance and Troubleshooting

Maintenance

If you believe your Saunders Cervical Traction device requires maintenance, contact your authorized Empi Traction Dealer or contact Empi at 1-800-862-2343.

Cleaning

All surfaces of your Saunders Cervical Traction device may be cleaned with a mild detergent or disinfectant. Do not immerse unit in water. If unit is transferred between different users, all surfaces should be cleaned using standard cleaning techniques paying particular attention to the components that come in contact with the body; we recommend using a new head strap.

Storage

Your Saunders Cervical Traction device should be stored in its protective case.

Troubleshooting

The Saunders Cervical Traction device features a very accurate, sensitive gauge. The pump is specifically designed not to leak in the “HOLD” position. If you notice a drop in the gauge reading when in the “HOLD” position it is probably because you have relaxed or moved slightly. If this happens, return to the “PUMP” position and pump back to the desired force, then reset to “HOLD.”

Proper operation of the Saunders Cervical Traction device requires that the air system be virtually leak-free. If the traction force is not maintained, there may be a leak somewhere in the system.

Questions to Ask:

- Is the pump in the “PUMP” position when pumping?
- Is the pump in the “HOLD” position when receiving treatment?
- Are you lying still? (Any movement will cause fluctuation.)
- Are you pumping slowly?
- Are all connections tight (i.e. hose cap, lens cap, good hose connection at the cylinder?)

If the unit is leaking air, try the following:

- Check the air hose connections at the cylinder and the pump and gently tighten as necessary. Do not over-tighten as the threads may strip.
- Make sure that the unit has not slipped and gone to full excursion (4".)
- Perform a POP test. With no one in the unit, pump up the pressure until the unit makes a loud pop (at about 50 lbs.) then rotate the gauge to the release position, and proceed with your treatment.

If you have any questions, please call your authorized Empi Traction Dealer or call Empi Customer Service at 1-800-862-2343.

Replacement Parts and Accessories

Below is a listing of replacement parts and accessories. Please call 1-800-328-2536 for details and pricing.

DESCRIPTION	PART NUMBER
Headstrap and Pads	700723
Hand Pump Replacement Kit	700472
Angle Adjuster	700724
Carrying Case	700725
Instructional DVD	802968
User's Guide	360365

Warranty

I. Warranty

Empi warrants the Saunders Cervical Traction device to be free from defects in workmanship and materials for one year.

Empi will repair or replace, at its facility, any product found to be defective. This warranty does not apply to any product damaged by misuse, or repaired or altered by anyone other than Empi in St. Paul, Minnesota.

This warranty is in lieu of any or all other warranties, expressed or implied. No person is authorized to bind Empi to any representation of warranty other than those specifically set forth herein.

NOTE: Warranty period begins with the date of purchase from manufacturer for one year.

II. Limitation of Liabilities and Disclaimer of Warranties

A. Empi's sole obligation in the case of any breach of its warranties set forth in Paragraph I above, shall be, at Empi's option, to repair or replace the Product with a new or factory

reconditioned product without charge to Purchaser or to refund the purchase price of the Product. In order to recover under this Warranty, Purchaser must send Empi written notice of the defect (setting forth the problem in reasonable detail) prior to expiration of the Warranty Period, and within 30 days of discovery of the defect. Upon Empi's written request and authorization, Purchaser shall return the Product to Empi, freight and insurance prepaid, for inspection. Notice and return shipment shall be sent to Empi at Clear Lake Industrial Park, Clear Lake, South Dakota 57226. Purchaser may request shipment approval by calling Empi Warranty Repair Department on its toll free number 1-800-862-2343. In the case of repairs or returns outside of North America, contact your Authorized Empi Distributor, or contact Empi directly at 1-800-328-2536. Empi will not be responsible for damage due to improper packaging or shipment. If Empi determines in its sole reasonable discretion that the Product contains defective workmanship or materials. Empi will refund to the Purchaser the purchase price for the defective product, or return the repaired Product or a replacement thereof to Purchaser, freight and insurance billed to the Purchaser, as soon as reasonably possible following receipt of the Product by Empi. If Empi determines in its sole reasonable discretion that the Product does not contain defective workmanship or materials. Empi will return the Product to the Purchaser, freight and insurance billed to the Purchaser.

B. This warranty is voided immediately as to any Product which has been repaired or modified by any person other than authorized employees or agents of Empi or which has been subjected to misuse, abuse, neglect, damage in transit, accident or negligence.

C. EXCEPT AS PROVIDED IN PARAGRAPH I, THE PRODUCT IS BEING SOLD ON AN "AS IS" BASIS, ALL ACCESSORIES ARE SOLD "AS IS", AND THE ENTIRE RISK AS TO THE QUALITY AND PERFORMANCE OF THE PRODUCT IS WITH PURCHASER. THE WARRANTY PROVIDED IN PARAGRAPH I IS INTENDED SOLELY FOR THE BENEFIT OF THE INITIAL PURCHASER AND EMPI DISCLAIMS ALL OTHER WARRANTIES, EXPRESS OR IMPLIED INCLUDING, BUT NOT LIMITED TO ANY IMPLIED WARRANTIES HOWEVER, THAT NOTWITHSTANDING THE FOREGOING SENTENCE IN THE EVENT AN IMPLIED WARRANTY IS DETERMINED TO EXIST, THE PERIOD FOR PERFORMANCE BY EMPI THEREUNDER SHALL BE LIMITED TO THE LIFETIME OF THE INITIAL PURCHASER. NO EMPLOYEE, REPRESENTATIVE OR AGENT OF EMPI HAS ANY AUTHORITY TO BIND EMPI TO ANY AFFIRMATION, REPRESENTATION OR WARRANTY EXCEPT AS STATED IN THIS WRITTEN WARRANTY POLICY.

(This Warranty give Purchaser specific legal rights and Purchaser may also have other rights which vary from state to state. Some states do not allow limitations of how long an implied warranty lasts, so the above limitation may not apply to the Purchaser.)

D. EMPI SHALL NOT BE LIABLE TO ANY PERSON FOR ANY DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, LOST PROFITS OR MEDICAL EXPENSES CAUSED BY ANY DEFECT, FAILURE, MALFUNCTION OR OTHERWISE OF THE PRODUCT, REGARDLESS OF THE FORM IN WHICH ANY LEGAL OR EQUITABLE ACTION MAY BE BROUGHT AGAINST EMPI (E.G. CONTRACT, NEGLIGENCE OR OTHERWISE) THE REMEDY PROVIDED IN PARAGRAPH I ABOVE SHALL CONSTITUTE PURCHASER'S SOLE REMEDY. IN NO EVENT SHALL EMPI'S LIABILITY UNDER ANY CAUSE OF ACTION RELATING TO THE PRODUCT EXCEED THE PURCHASE PRICE OF THE PRODUCT.

(The Warranty give Purchaser specific legal rights and Purchaser may also have other rights which vary from state to state. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to the Purchaser.)



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