

IMPORTANT INSTRUCTIONS FOR THE PROPER USE OF THE CERVICAL REMODELING COLLAR™

THE CRCOLLAR™ SHOULD BE USED ONLY IN ACCORDANCE WITH INSTRUCTIONS AND UNDER THE SUPERVISION OF A LICENSED PHYSICIAN, CHIROPRACTOR OR PHYSICAL THERAPIST.

THE MANUFACTURER IS NOT AND CANNOT BE RESPONSIBLE FOR ANY INJURY FROM NON-APPROVED USE, INCORRECT USE OR MISUSE.

PRECAUTIONS

It is advised that you continue use of the CRCollar™, only after first consulting with your doctor if any of the following factors apply to your condition:

- If your neck or upper back pain is the result of an accident or trauma.
- If your neck pain is accompanied by alteration of speech, sight, taste, hearing, smell or facial pain, numbness or weakness.

IMPORTANT

One of the most important factors of this program is the knowledge and maintenance of the normal forward curves of the neck and low back. You will definitely decrease the effect of this therapy if you continue to slouch or have your head dropped or propped forward for periods of time. When sitting you **must** have some thing behind the lower back (and neck if possible) to help support the normal forward curves of these spinal regions. You must constantly try to be aware of and encourage these forward curves.

PRE-TRACTION SPINAL WARM-UP ROUTINE

Exercise #1

Head retraction means pulling the head backwards. Sit down, look straight ahead and relax completely. Take a few deep breaths. Move your head slowly but steadily backwards until it is pulled back as far as you can manage without any pain. It is important to keep your chin tucked down and in as you do this. Once you have held this position for a few seconds, you should relax and automatically your head and neck will protrude again. Repeat this exercise a few times and then move on to the next exercise.



Exercise #2

Remain seated and hold your head back in the retracted position. Bend your neck sideways. Keep looking straight ahead and do not allow your head to turn. It is important that you keep your head in the retracted position as you perform this movement. To make this exercise more effective, take your hand and place it over the top of your head. Gently pull your head a little further sideways as long as you feel no pain. If you experience pain, immediately stop the movement at that point. Once you have maintained this sideways position for a few seconds, you should relax to the starting position. Repeat movement right and left a few times and then move on to the next exercise.



Exercise #3

Remain seated and hold your head back in the retracted position. Turn your head right and then left while keeping your head in the retracted position. This exercise can be made more effective by using your hand to gently push your head a little further into rotation. If you experience pain, immediately stop the movement at that point. Once you have maintained this rotated position for a few seconds, you should relax to the starting position. Repeat this movement right and left a few times and you are ready to use the CRCollar™.



TRACTION PROCEDURE

Step One

If you have moderate to marked forward head posture, you should take the CRCollar™ and make sure the anterior traction sling is in its most open position with the U nuts at the end of the control knob screws, as pictured. If you have only mild forward head posture, you should set the traction sling at its half closed position with the U nuts tighten down half way to the blue CR Collar™ frame.



Step Two

Place the CRCollar™ on your chest with the anterior traction sling positioned behind your neck as shown in the picture.



Step Three

Tighten the posterior traction belt across your brow until your head is fully drawn back and the end of the posterior traction belt is drawn all the way across your forehead to the opposite upright post of the CRCollar™. You should try to keep your eyes level while drawing back the head (do not tilt the head back, looking upward more than 10-15 degrees). If any pain is felt while drawing your head back, immediately stop at that point and slowly relax the pull of the belt until the pain goes away. Secure the belt's Velcro™ attachment at that point.

Note: The traction of tight constricted tissues can cause some mild soreness during the traction procedure. This feeling is normal and should not be confused with true pain and should not linger for more than a short time after the CRCollar™ is removed.



Step Four

Wear the CRCollar™ at the pain-free position for just five to ten minutes for the first traction session. If no reaction (lasting soreness or pain) is experienced, slowly extend the time. You should be able to draw your head backward further and further, without pain, with daily continued use of the CRCollar™. After you complete a 10-20 minute traction treatment with no reaction, the next session should be performed while walking. You should tuck in your chin and look slightly downward while walking. This motion helps you to see where your going as well as to increase the flexion traction of the upper neck region and strengthen the front neck muscle. When you are able to traction while walking for at least 10-20 minutes with your head drawn back fully, with no reaction, you are ready to proceed to Step Five.



Step Five

At this point, you can start your traction sessions by putting on the CRCollar™ and tightening the posterior traction belt until your head is drawn back completely as described in Step Three. Next, start tightening the anterior traction control knobs by turning each one clockwise five half turns. If no pain is felt, turn each one another five half turns. Repeat this procedure until you reach a level of traction that does not tilt your chin upward more than 10-15 degrees and that you can physically tolerate for at least 10-20 minutes. After use you simply release the Velcro™ attachment to remove collar.



IMPORTANT

If you recurrently experience dizziness or a lighthearted sensation while using the CRCollar™ immediately discontinue use of the CRCollar™ and consult your doctor.

If you experience alterations of speech, sight, taste, hearing, smell or facial pain, numbness or weakness while using the CRCollar™, you are either applying too much traction or flexing your head forward too hard (looking down motion of the head) during traction. If adjusting these factors does not stop the symptoms, immediately discontinue use of the CRCollar™ and consult your doctor.