

**Seated C-Trax™** NECK TRACTION by  
**1-888-823-9275**

**RangeMaster®**  
Range-of-Motion

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**SCAN QR FOR:**

- **Therapist Guided Exercises**
- **Detailed Instructional Videos**
- **Neck Traction White Paper**



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**Seated  
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**Patient Guide**



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**CA Prop 65 WARNING:** Some parts of this product contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)



## SETUP

1. Fill water weight bag with the volume of water prescribed by your medical professional. **Do not exceed 8 lbs.**
2. Place metal bracket over top of the door, then close and lock door.
3. Adjust line-length through metal eyelet at the top of the water weight bag so bag will hang comfortably when you are seated facing the door. Secure with knot.
4. Position head halter in spreader bar (*see Fig. 1*).
5. Hook head halter around door handle or knob in order to get positioned for exercise. (*see Fig. 2*)
6. Position chair facing door. Place 1-2 pillows in lap and rest the arms on the pillows to unweight the shoulder.
7. Place the harness over the head, with the pads supporting the base of the skull in back and the chin in the front.

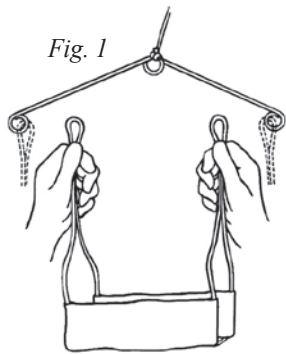
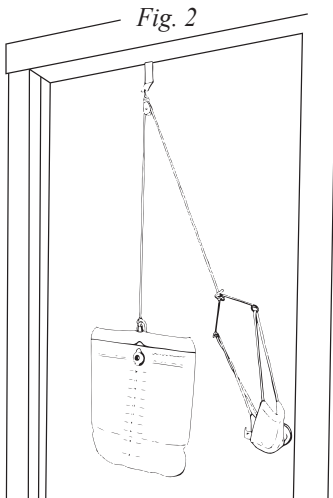
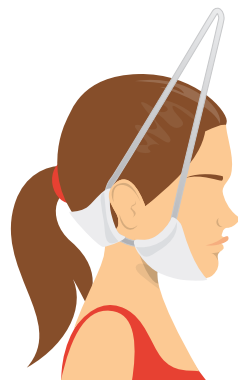


Fig. 2



## RESTING POSITION

While sitting in the chair with arms supported and head resting in approximately 25 - 30 degrees of flexion, allow approximately 5 minutes to relax and allow the traction to relax the neck.



## FLEXION

Gently dip the chin down toward the chest within a pain free range of motion, and slowly return to the starting position. Repeat 5 - 10 times within the first 30 seconds. Return to the resting position and relax for the remainder of 5 minutes.



## CAUTION

Lock door before use. Consult your medical professional before use or if any problems occur during or after use.

**NOTE:** Individual treatment time and number of treatments per day or week should be set by your medical professional.