

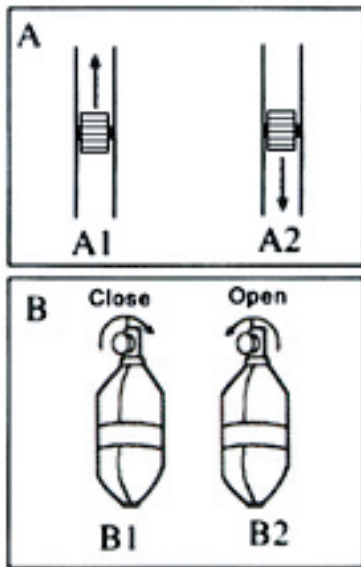
Basic Neck Traction Instruction

NeckSoft Pro- 5 / 7



1. Air pump
2. Air valve
3. Conduit
4. Blocker
5. Blocker holder
6. Lining pad for occiput and mandible
7. Multi - layer air chamber

How to Use Basic Neck Traction:



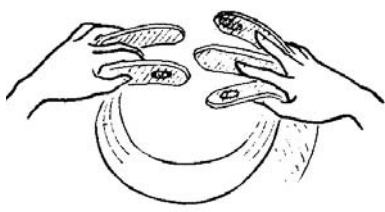

A. Detail of the ball valve for blocking the air flow

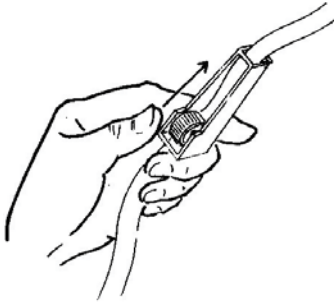

A1 Open A2 Close

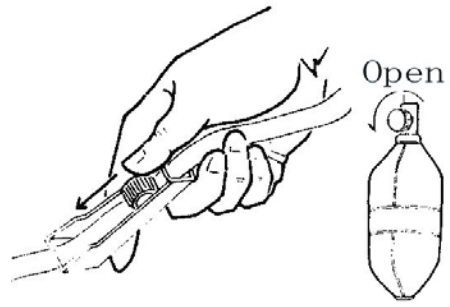
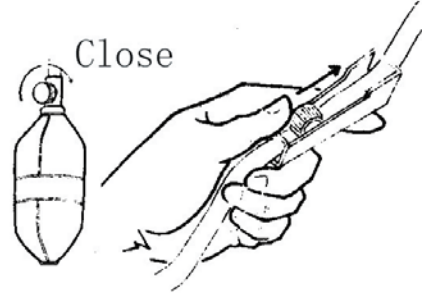
B. Detail of the valve for deflation

B1 Turn for deflation B2 Turn for air inlet

1. Simply place the NeckSoft Pro-7 Neck Therapy around your neck and Velcro it together in the back (after first choosing the correct size).
2. Squeeze the inflation bulb until you begin feeling the desired amount of stretch/relief. Start with a gentle stretch for 1-2 minutes at first. Gradually increase as your neck becomes more flexible.
3. Slowly open the air release valve to release the pressure. Then remove the product. Doing a few gentle neck stretches (listed in the illustrated instruction sheet) adds further benefit to your session.
4. Use at your own convenience while Watching T.V. Working on Computers, Reading, Traveling, Reclining or Relaxing,ect.
5. Caution: Sleep with it on, Use as a neck brace, Use with recent acute, or sprain/strain injuries

	
<p>1. Grasping the neck traction.</p>	<p>2. Enclosing neck with the multilayer air chamber, then having the left hand free followed by the right, finally bringing two opposite aspects of the nylon buckle joined.</p>

	
<p>3. Pushing the blocker towards the large end of the blocker holder and twisting the air valve clockwise to let it tightened.</p>	<p>4. Manipulating the air pump to pour the air into the multilayer air chamber till the reading in the pressure gauge reaches the level desired.</p>

	
<p>5. Pushing the blocker to the small end of the blocker holder, then turning the air valve counter clock wise to let it loosed.</p>	<p>6. Pushing the blocker to the large end of the blocker holder slowly, subsequently the air is our spontaneously.</p>