



HOME CERVICAL TRACTION

Purpose:

This form of traction can be used effectively to treat cervical pain and headache. It is also useful in promoting relaxation.

Method:

1. Fold a small – medium size towel (lengthwise) into fourths.
2. Bring the two ends of the towel together, forming a loop.
3. Securely tie a piece of durable rope or cord around the loose ends of the loop.
4. Position the towel approximately 4 finger widths from the floor and tie the other end of the rope around a secure doorknob or something similar in strength.
5. Lie on your back and place your head in the loop (or sling).
6. Your head should be comfortably resting in the sling, approximately 1 - 2 inches from the floor. Your head should be in line with your body or should feel only a very slight pull on your neck.

Please Note:

7. **You may remain in the traction for up to 15 minutes. You may want to set a timer, as it is very easy to fall asleep while in the traction. Remaining longer than 15 minutes may result in neck soreness.**

