NEUROLOGY GROUP of BERGEN COUNTY

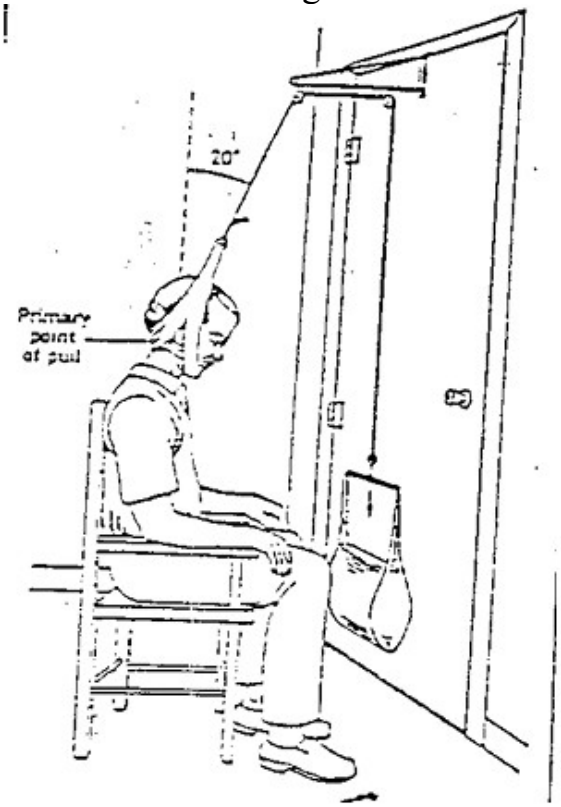
Home Cervical Traction

The home cervical traction device is used to treat cervical radiculopathy or a "pinched nerve in the neck".

The device can be purchased at a drugstore and can be assembled easily at home. It contains a harness which goes behind head and under the chin as well as a piece of string that hangs on a pulley that hangs on the door. At the other end of the string is a bag that has lines. These lines determine how much water provides how much weight.

You should start at 4 pounds and use it for half an hour. You should then increase the amount of weight by 1 pound each day to a maximum of about 8-10 pounds.

If the device causes any pain do not use it. Also, if a certain weight is uncomfortable then go down to a comfortable weight.



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