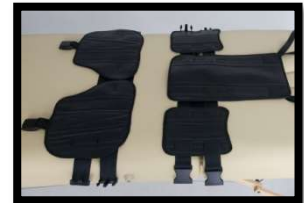




**Instructions for use of Traction Harness**

**Step 1:**

Start out by lying the stabilizing and traction harnesses out on the treatment table as shown in **Figure 1**. Then take top straps on the stabilizing harness and wrap them around the corners at the top of the table as shown in **Figure 2**.



(Fig. 1)

**Step 2:** Have patient lie down on top of both harnesses, connect all buckles and tighten to comfort as shown in **Figure 3**. Make sure the tops of the side pads on the stabilizing harness are as close to the axilla as possible. Also, you want to line the side release buckle of the tensioning strap on the traction harness up with the patient's greater trochanter to give a direct inferior pull. Adjust buckle/harness ant/post if you desire to steer pelvis ant/post.



(Fig. 2)

**Step 3:**

Stand at patient's feet, take the strap attached to the bottom of the harness and put it around your backside around waist level. Attach the buckle and adjust to comfort. With the patients legs hook lying or on physioball, lean back into the belt to give the desired amount of traction. See **Figure 4**



(Fig. 3)



(Fig. 4)

**\*\*All techniques are at the discretion and professional judgment of the physical therapist. Performance Rehab Products LLC cannot be held liable for improper use of this product.**