

# Cervical Wall Traction Instructions

1. Stand facing wall with the bars of traction unit at shoulder level, feet a few inches from the wall.
2. Slip curved bar over head and place on LOWER portion of neck.
3. Grasp the bars with palms FACING you.
4. Pull bar under chin, as far down to collar bone as possible. Keep it in this position the entire time you traction.
5. Place elbows on wall.
6. Bend until knees are touching the wall.
7. Keep knees and elbows on the wall and let pelvis sink to the floor (buttocks go back and down.) Let gravity pull your spine towards the floor.
8. Legs should NOT be supporting majority of weight. 90% of weight is supported by arms, 10% by the neck.
9. Pull shoulder blades down towards floor.
10. In the down position take a deep breath in and hold for three seconds (this contracts the diaphragm.)
11. Stand up and exhale (this relaxes the diaphragm.) Keep bar in place. Your neck and body should be moving. Do NOT move the bar up and down on the rope.
12. Day one being with 20 repetitions; add 5-10 each session until you are able to complete 60 repetitions.

## **WHY Cervical Wall Traction?**

Pulls a curve into lower cervical spine and upper low back, decompressed discs, and improves scoliotic curves.