



MURRAY
FAMILY CHIROPRACTIC

Pain Relief to Wellness

389 Eagle Street, Newmarket • 905-895-0663 • www.MurrayChiropractic.com

Grey Traction Chart

Patient: _____

Please record the number of minutes you traction for each day in the boxes below.

| Weeks | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |

Traction Position

Top edge of traction unit should contact across shoulders so your head and entire neck hang off of the end of the traction unit. Relax your muscles and allow gravity to extend your head and neck back. If you experience too much discomfort you can slide down the traction unit so the top edge contacts your mid to lower neck. Try to resume with normal position, across shoulders, in the future.

Traction Instructions

- As a guideline, start at 2-3 minutes per day and add 1 minute each day, until you reach 20 minutes.
- If you feel you can handle it, use the forehead strap for a stronger stretch.
- Tighten the forehead strap over time to maximize your stretch.

Tips & Points to Remember

- Increase the duration and force of your stretching as quickly as possible. It is alright to progress more than 1 minute per day if you feel like you are not being challenged.
- It is normal to have mild - moderate discomfort or stiffness during and after using the traction unit.
- Try not to go beyond your personal limitations. If uncomfortable pain occurs for more than 10 minutes after stretching, apply an ice pack to area of soreness for 15 minutes.
- If you experience aggressive pain, headaches or dizziness, reduce your stretching time. If the symptoms continue to occur, discontinue use of the traction unit and notify Dr. Rob.
- **Using your traction unit a minimum of 5 times per week will provide the best chance for: restoration of your normal spinal curvature, reversal of spinal degeneration, and nervous system optimization. Basically, better curve = better health! So, as Nike says: "Just Do It"!**

Please Bring Sheet To Your Next Progress Exam