

reliefMATES

NECK TRACTION DEVICE

User Manual



Thank you for choosing ReliefMates! Please read before using.

OVERVIEW



HOW TO USE

1. Place the neck traction device around the neck and attach the latex airpump to the end of the hose. Fix the velcro straps in the front.
2. Tighten the spiral metal valve before pumping. Make sure the hose is open with the metal valve (ball inside pump) not blocking the hose. It will be open by default.
3. Make sure the collar is in a comfortable position, then stretch and relax your neck muscles before using. Pump to a comfortable level.

4. Next, squeeze the ball from the metal valve to the center of the hose to prevent air from leaking out. Use for 15-20 minutes.
5. After treatment, unscrew the spiral metal valve back to its original position. Move the ball in the hose back to its original position to open the hose for air release. Expel air gradually by pressing on the unit until it is deflated. Avoid squeezing the device with both hands.

INFLATING STEPS



1. Place the device around the neck and fasten the two velcro straps in the front. Use a mirror for best results.



2. Tighten the nut on the air pump to prevent air leakage during inflation.



3. Inflate using the air pump until the device feels comfortable around the neck. Be sure to not overinflate.



4. Enjoy! We recommend using 15-20 minutes twice a day.

DEFLATING STEPS



1. Unscrew the nut on the air pump and lightly press on the air traction device to release the air.



2. Only partial deflation is recommended if the device will be used frequently. Please store in an accessible location. When traveling, place the device in a portable bag to keep the unit clean.

USER TIPS

1. If you recently had neck surgery, then using this device is not recommended. Please consult with your doctor before use.
2. Do not overuse, as it may cause injury. We recommend using twice a day for up to 20 minutes maximum.
3. Be careful not to overinflate. The device is made with bladders which could burst if overinflated.

WARRANTY INFORMATION

1. We offer a 1-month FREE replacement for any issues with your device. Please message us about your issue.
2. You may return your device for a full refund within 30 days of purchase.
3. For any questions or concerns regarding a refund or replacement, message us at **support@reliefmates.com**.

For (how to use) video instructions, visit:

reliefmates.com/video

For more information, please visit our FAQs page at:

reliefmates.com/faqs

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