

PRODUCT INFORMATION AND USER INSTRUCTION

The TracPal device is used for pain caused by wear/tear injuries in the hip and knee-joint (e.g. osteoarthritis). TracPal provides pain relief, relieves pressure and improves mobility in the hip and knee-joint. The hip and knee-joint is slightly distracted for intra articular relief using body weight and strength as explained under user instruction. Using TracPal is meant to be an important part of a line of treatment options which can be given by your local healthcare provider.

CONTRADICTIONS

Do not use the TracPal device if you suffer from any of the following conditions: Fractures, Infections & Inflammatory Diseases, Malignancy, Rheumatoid Arthritis, Lumbar Spinal Cord Compression, Lumbar Spinal Instability, Traumatic or Acute Injury, Severe Joint and Ligament Instability, Severe Cardiovascular Disorders, Osteoporosis, Osteomyelitis or Diskitis, Pregnancy. Ask your health care provider before usage if you are uncertain about your condition.

USER INSTRUCTION

Some individuals might feel soft tissue soreness after initial usage. The soft tissues will slowly remodel and adapt into healthier tissues. Minimize any normal soft tissue response by starting easy and slowly progressing into a stronger pull after the first few treatments.

INSTRUCTIONS FOR CARE

The product should be used strict conformity according to the user instruction. Cleaning: Use a slightly moistened cloth to clean the product. Disposal after usage: Dispose the product in accordance with national regulations.

SAFETY INSTRUCTIONS

The TracPal device is to be used exclusively on the ankle for self-traction therapy of the hip and knee-joint. The initial application of the product should be carried out after carefully reading this paper or instructed by qualified personnel.

RISK OF INJURY AS RESULT OF IMPROPER USE

Do not use over strength or sudden hard movements causing unwanted strain on the hip or knee joint. At no time should you feel increased pain during usage of the product. If pain is increased in your foot, ankle, knee, hip, lower back or any other location, immediately discontinue the use of this device and seek counsel.

FURTHER USAGE RESTRICTIONS

Let the treated joint rest for a day or two after initial use. Under normal conditions we suggest 1-3 treatments a week and when extra strain and pain in the joint is noticed.

RISK OF DAMAGE DUE TO INCORRECT ENVIRONMENTAL CONDITIONS

The product is not flame-resistant. It must be kept away from flames and other heat sources. The product should not come to contact with grease or acid agents, unguents and lotions as this can reduce the period of use.

LIABILITY

The manufacturer's warranty only applies if the device has been used under the conditions and for the purposes described. Use at your own risk. Prelab Ltd does not take any responsibility and is not liable for any damage caused through use of products.

REGULATIONS

TracPal meets the requirements of the Medical Device Directive 93/42/EEC. The device has been classified according to the European classification rules and conform to the Essential Principles for Safety and Performance for medical devices.

HIP TRACTION

Make sure that the door jamb strap is adjusted using the pin to fit the width of the door so that the ankle strap is up against the door jamb (Photo 1).

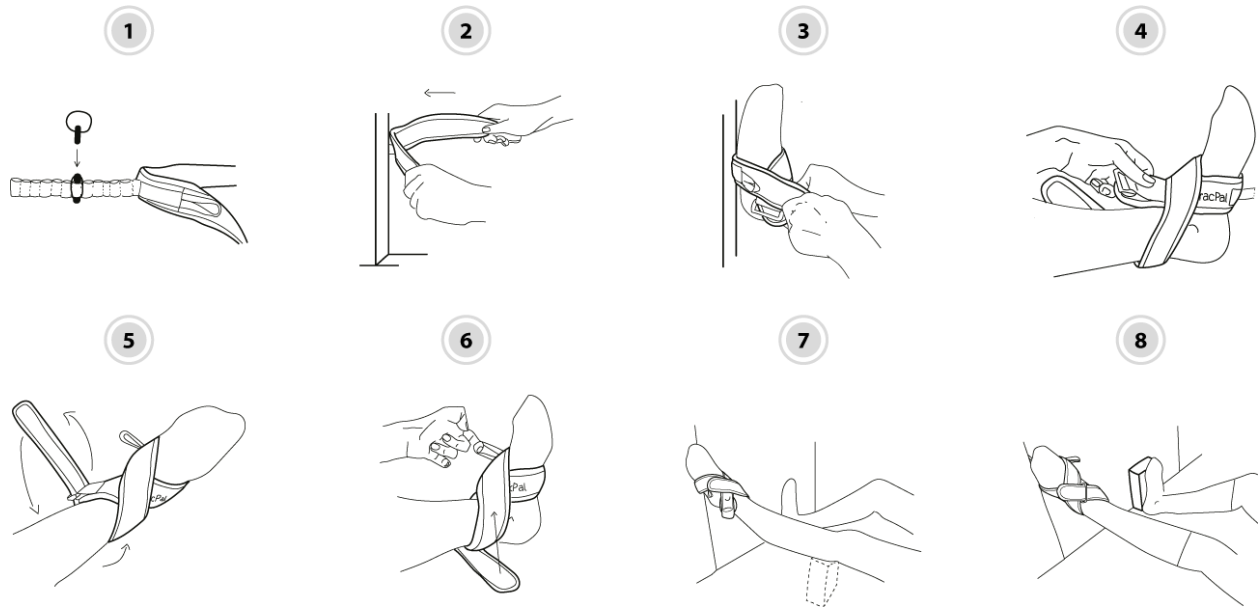
Place the door strap in the door jamb about 30cm up from the floor, close the door and pull tight (Photo 2).

Put on the ankle strap by placing the short-end over the foot, followed by the long-end (Photo 3). The long-end strap should be placed above the ankle for best result. Insert the long strap into the buckle, pull tight using the finger loop and secure (Photo 4, 5, 6).

Lay down on the back at a slight angle from the door jamb (Photo 7), push away with the opposite leg while being fully relaxed in the leg to be treated. Do the pull for 2 minutes, relax for 30 seconds. Repeat two to three times.

During hip traction a Yoga Block can be used under the knee for less strain on the knee capsule and for easier relaxation between intervals (Photo 7). A Yoga Block should be used at all times if the user suffers from joint-hypermobility.

The Yoga Block can as well be used under the foot for better reach during push away. (Photo 8)



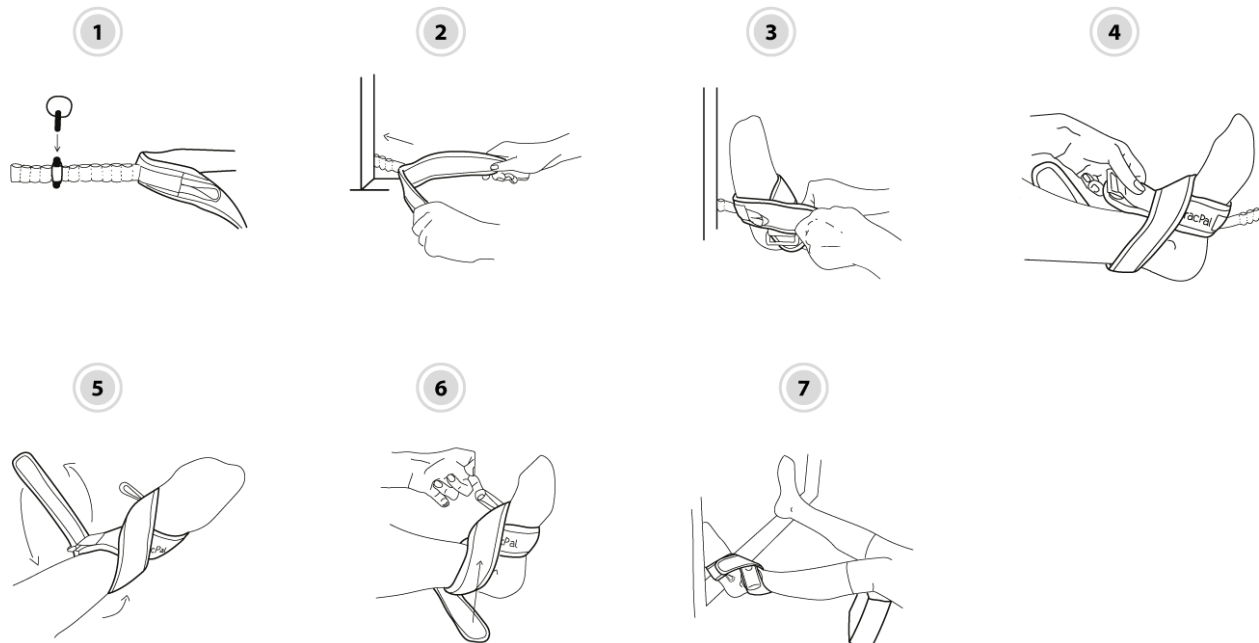
KNEE TRACTION

Make sure that the door jamb strap is adjusted using the pin to fit the width of the door so that a minimum of 5 pin holes (about 8cm) is left outside the door jamb (Illustration 1).

Place the door strap in the door jamb at floor level, close the door and pull tight (Illustration 2).

Put on the ankle strap by placing the short-end strap over the foot, followed by the long-end (Illustration 3). The long-end strap should be placed above the ankle for best result. Insert the long-end strap into the buckle, pull tight using the finger loop and secure (Illustration 4, 5, 6).

Put the Yoga Block under the knee and lay down on the back at a slight angle away from the door jamb, push away with the opposite leg while being fully relaxed in the leg to be treated (Illustration 7). Do the pull for 2 minutes, relax for 30 seconds. Repeat two to three times.



Material

Straps: polyester; Velcro: polyamide; Inner mesh: polyester; Webbing: polyester