

PRODUCT INFORMATION AND USER INSTRUCTION

The TracPal device is used to relieve pain caused by wear/tear injuries in the **hip, knee, lower back, neck** and **shoulders**. TracPal provides pain relief, relieves pressure and improves mobility. The joints are slightly distracted for intra articular relief using body weight and strength as explained in the user instruction. Using TracPal is meant to be an important part of a course of treatment options which can be given by your local healthcare provider.

USER INSTRUCTIONS

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

ADDITIONAL TOOLS

We recommend having a yoga block and a rubber mat to help with traction. The mat will help against slipping or if the floor is cold or too hard. The yoga block is required for knee traction but it can also be used to add length to the unstrapped leg while pushing away from the door during hip traction. To use TracPal for fortification we recommend considering rubber bands.

INSTRUCTIONS FOR CARE

The product should be used in strict conformity with the user instructions. Use a slightly moistened cloth to clean the product. Dispose the product in accordance with national regulations.

SAFETY INSTRUCTIONS

The initial application of the product should be carried out after carefully reading this paper and instructed by qualified personnel.

RISK OF INJURY AS RESULT OF IMPROPER USE

Do not use strength or make sudden abrupt movements causing unwanted strain on the joints. 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, neck, shoulder 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

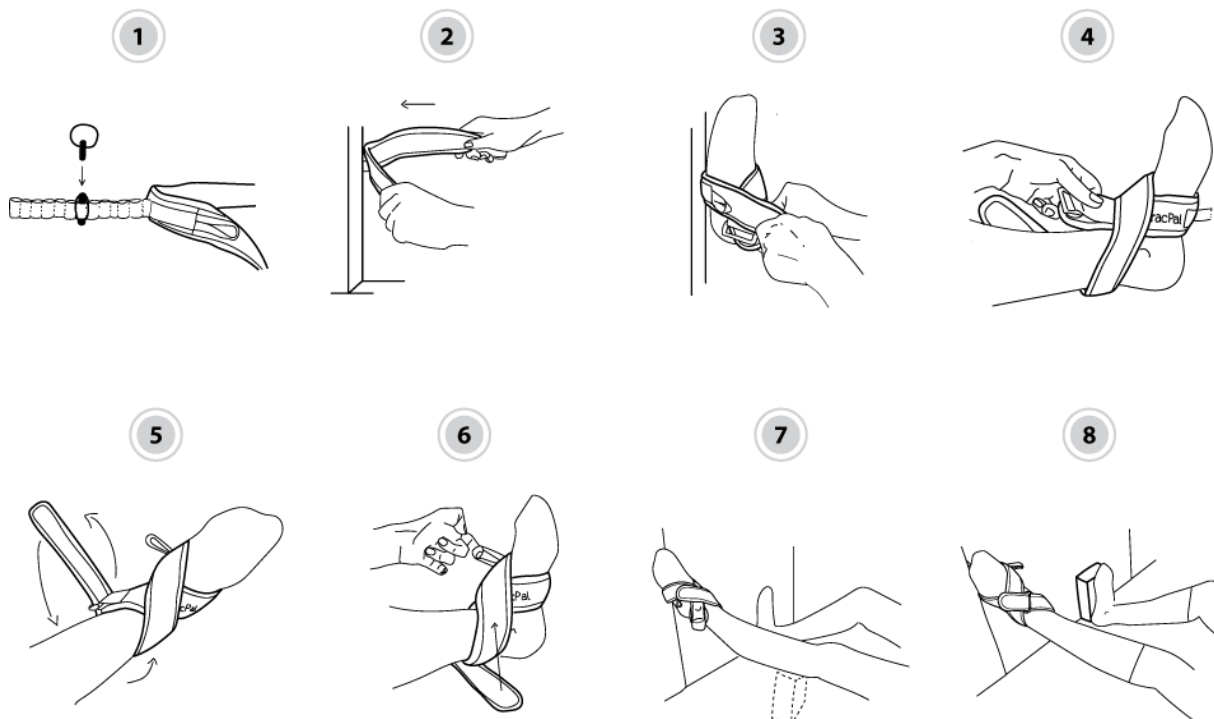
The product is not flame-resistant. It must be kept away from flames and other heat sources. The product should not come into contact with grease or acid agents, unguents and lotions, as this can reduce the period of use.

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 (illustration 1). Place the door strap in the door jamb about 20-50 cm up from the floor, close the door and pull tight (illustration 2). Put on the ankle strap by placing the short-end over the foot, followed by the long-end (illustration 3). The long-end strap should be placed above the ankle for best results. Insert the long strap into the buckle (illustration 4), pull tight using the finger loop (illustration 5) and secure (illustration 6).

Lie down on your back at a slight angle from the door jamb (illustration 7), push away with the opposite leg while being fully relaxed in the leg to be treated. Do the pull for 2 minutes (illustration 8), and relax for 30 seconds. Repeat two to three times. During traction you should feel subtle sensations. Move slowly and listen to your body. You should feel like somebody pulls your leg out from the hip. Stop immediately if you experience painful sensations or discomfort.

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 (illustration 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.



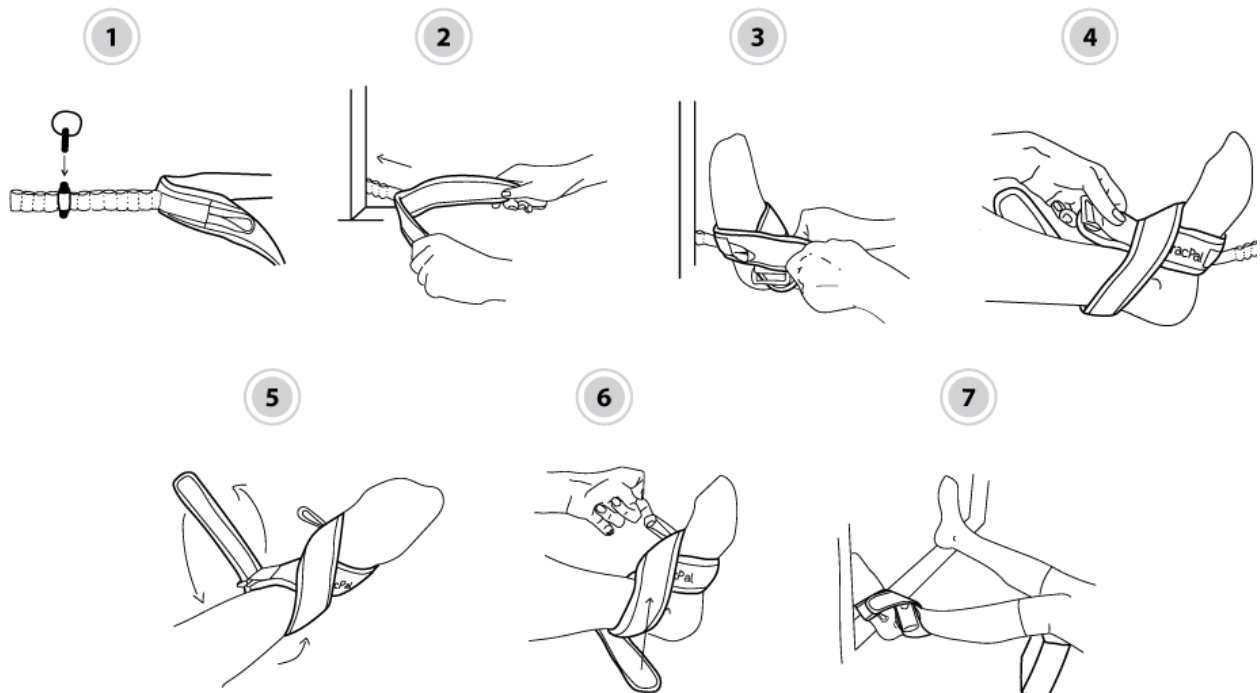
KNEE TRACTION

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. Place the door strap in the door jamb at about 5 cm from the floor, close the door and pull tight (Illustration 2). Your heel should end up 3-5cm from the floor.

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 results. Insert the long-end strap into the buckle (Illustration 4), pull tight using the finger loop (Illustration 5) and secure (Illustration 6).

Put the Yoga Block under your knee and lie down on your 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 1 minute and relax for 15 seconds. Repeat three to five times.

The sensations are very subtle, you should move slowly and listen to your body carefully. You will feel like somebody slightly pulls your leg out from the knee. You should not feel increasing sensations of pain or discomfort.



NECK TRACTION

1. Hook the extension strap to the door handle on the opposite side of the door and bring the strap to your side. Close the door and fix the TracPal extension strap in place. Connect the TracPal to the extension strap with the carabine and the D-ring. Fixate the TracPal device in a loop so that your head can fit through. The length of the extension strap should be so that TracPal will hang 3-4 cm from the ground.
2. Remove any piercings that may create discomfort. Sit on the floor with your back facing the door and wrap the TracPal device around your head so that it will support the back of the skull firmly. Lie down.
3. Slide away from the door until you feel light traction in the neck. Stay in this position for 5-10 minutes, which should provide relief.

IMPORTANT! Your neck should be almost parallel to the floor, like if you were floating on the water. Do not let the neck elevate higher than 10 degrees.

You should feel light to moderate traction in the neck. Make sure your back side of the skull is supported well. Stop immediately if you experience painful sensations or discomfort.

LOWER BACK TRACTION

1. Place the extension strap in between the door jamb or hook it to the door handle on the other side of the door. Fixate the TracPal into an O-shape wide enough, that both of your feet will fit through. Close the door to fix the TracPal device in place, about 50-60 cm from the ground. Adjust the extension strap if needed.
2. Sit down on the floor. Place your feet through the loop and make sure your feet will not slip out. Lie down on the mat to prevent slipping.
3. Slowly slide away from the door until you feel light traction in the lower back. You should feel instant pain relief. Hold for 5-10 minutes. You can slightly swing your legs from side to side to create a more relaxed feeling in the lower back

You should feel light to moderate traction in the lower back. Try to swing gently from side to side. Stop immediately if you experience painful sensations or discomfort.

SHOULDER MOBILISATION

1. Place the extension strap in between the door jamb at the top of the door to fix the TracPal device in place from above. Connect the TracPal device to the extension strap via the D-ring and carabine. Adjust the extension length so that when you wrap the TracPal around your elbow, it will hang at the same level (max 1 cm lower) as your shoulder.

2. Put your elbow through the TracPal device and let it rest. You should feel that the shoulder is completely relaxed. Do micro movements to the left and right in a swinging matter for 3-5 minutes. Keep your arm and shoulder completely relaxed while doing so.

The sensations for shoulder traction is very subtle. You should feel a light traction, as if somebody was slightly pulling your shoulder out. Stop immediately if you experience painful sensations or discomfort

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. TracPal does not take any responsibility and is not liable for any damage caused to the users or their surroundings 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 conforms to the Essential Principles for Safety and Performance for medical devices.

MATERIALS

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

PATENT

TracPal is protected by patent number EP3135265

CONTRADICTIONS

Do not use the TracPal device if you suffer from any of the following conditions:

- Fractures
- Rheumatoid Arthritis
- Lumbar Spinal Instability
- Traumatic or Acute Injury

Ask your health care provider before usage if you are uncertain about your condition.