

PRODUCT INFORMATION & USER MANUAL

THANK YOU for purchasing the TracPal device. We are certain that this device will help you to deal with pain and gain fast recovery.

If you have any questions, please contact our rehab specialist on: rehab@tracpal.com

INITIAL INFORMATION

The TracPal device is used to relieve pain caused by wear and tear injuries in the **hip, knee, lower back, shoulders** and **neck**. TracPal provides pain relief, relieves pressure and improves joint mobility. When using TracPal, the joints are slightly distracted for intra articular relief using body weight and strength as explained in this paper.

TracPal is meant to be an important part of a course of treatment options which can be given by your local healthcare provider.

ADDITIONAL TOOLS

We recommend using a yoga block and a rubber mat during treatments. The yoga block is required for knee traction, but it can also be used for better reach during hip traction. The rubber mat will help against sliding on the floor and is more comfortable.

USER SAFETY

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

Some individuals might feel soft tissue soreness after initial usage. The soft tissue 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.

Do not use sudden strength or abrupt movements causing unwanted tension the joints. At no time should you feel increased pain during the usage of this product. If pain is increased in your hip, knee, lower back, shoulder, neck or any other location, discontinue the use of the device and seek counsel.

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

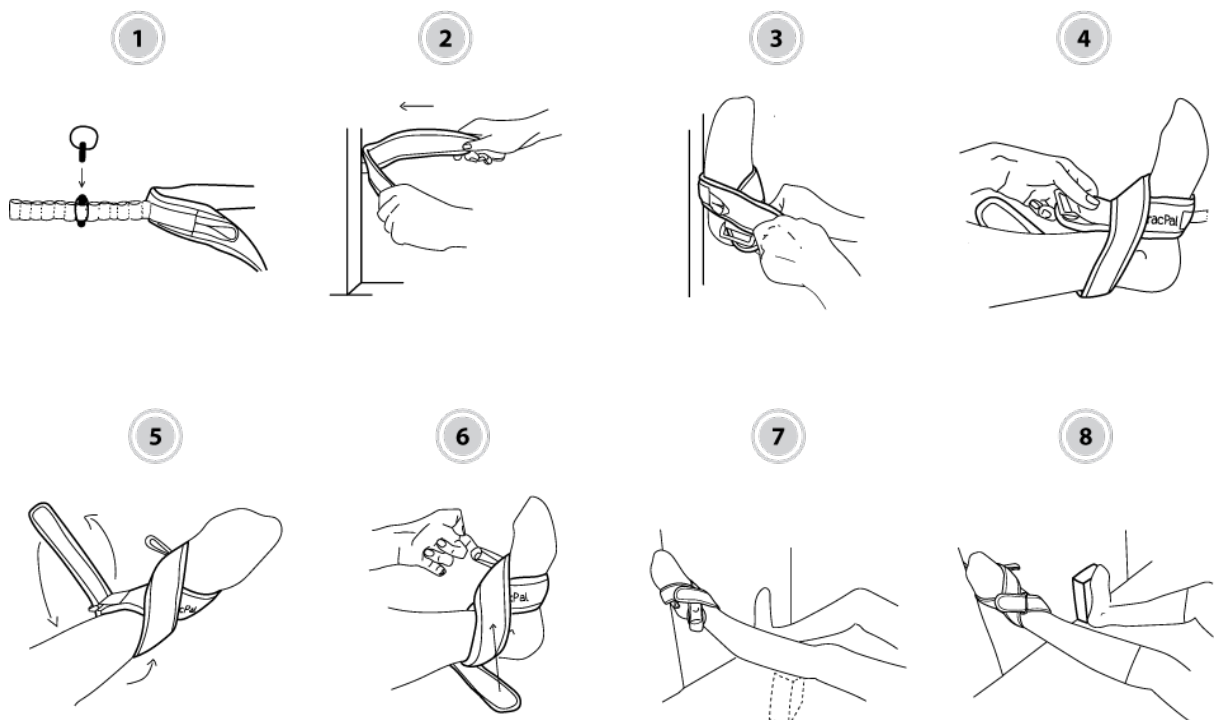
Video manuals and detailed information can be found on our website: www.tracpal.com

HIP TRACTION

Required tools: TracPal Strap.

- a) 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 (Image 1). Place the door jamb strap in between the door jamb either on the hinge or lock jamb side about 30-50 cm from the ground, approximately just below the knee capsule, and close the door (Image 2).
- b) Put on the ankle strap by placing the short-end over the foot, followed by the long-end (Image 3). Insert the long strap into the buckle (Image 4), pull tight using the finger loop (Image 5) and secure (Image 6).
- c) Lie down in a comfortable position at a 30-degree angle (Image 7). Relax your muscles and breathe deeply. Gently push yourself away from the door with the other leg until you feel traction in the hip (Image 8). Hold for one minute and recover for 15 seconds. Repeat 3–5 times.
- d) 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 (Image 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 (image 8).

You should not feel any discomfort or pain. Sensations are very subtle, move slowly and listen to your body.

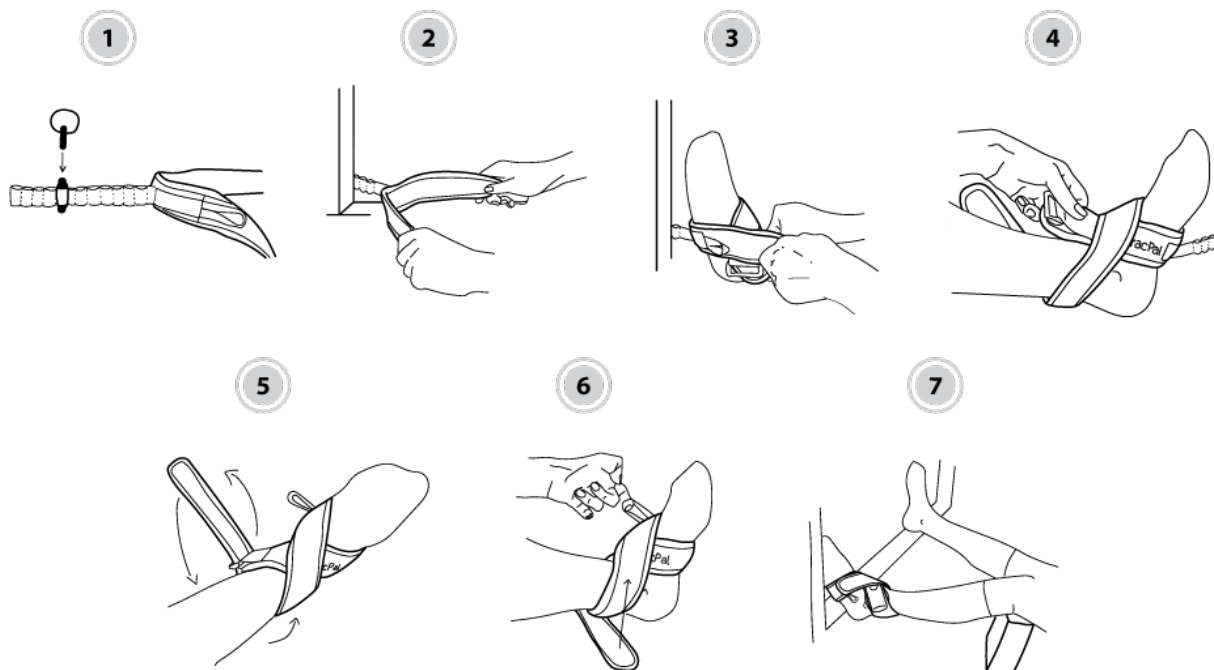


KNEE TRACTION

Required tools: TracPal Strap and Yoga Block.

- a) Make sure that the door jamb strap is adjusted to the width of the door (Image 1). Place the door jamb strap in between the door jamb either on the hinge or lock jamb side about 5 cm from the ground, close the door and pull tight (Image 2).
- b) Put on the ankle strap by placing the short-end strap over the foot, followed by the long-end (Image 3). Insert the long-end strap into the buckle (Image 4), pull tight using the finger loop (Image 5) and secure (Image 6).
- c) Set the Yoga Block under your knee, slightly towards your thigh. Lie down in a comfortable position at a small angle. Relax your calf muscles and breathe deeply. Very gently push yourself away from the door with the other leg until you feel light traction in the knee (Image 7). Hold for one minute and recover for 15 seconds. Repeat 3–5 times.

The knee joint is a sensitive part of the body, it is therefore important to bear in mind to move with extra care for light traction only. You should not feel any discomfort or pain. Sensations are very subtle, move extra slowly and listen to your body.

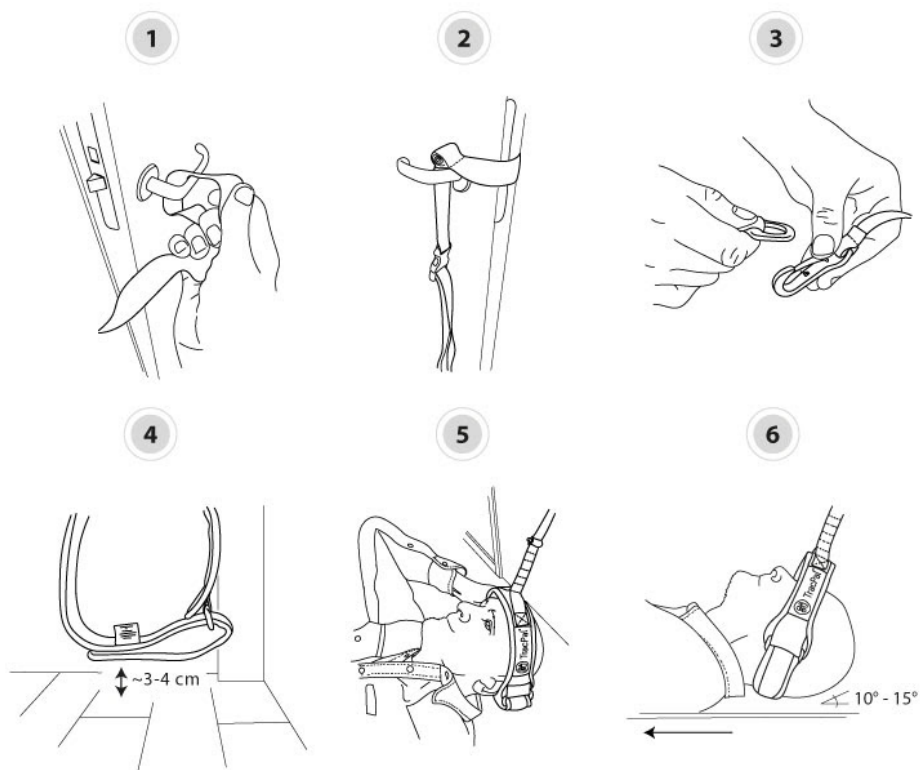


NECK TRACTION

Required tools: TracPal Strap and Extension Strap

- a) Hook the extension strap to the door handle on the opposite side of the door and bring the strap to your side (Image 1 and 2). 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 (Image 3). Fold TracPal in an O-shape 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. (Image 4).
- b) Remove any accessories that may create discomfort such as earrings, eyewear etc. Lie down on a yoga mat to prevent sliding on the floor and place the TracPal device around your head so that TracPal will firmly support the base of the skull (Image 5).
- c) Move away from the door until you feel light traction in the neck. (Image 6). Stay in this position for 5-10 minutes.

Your head should be almost parallel to the floor, like if you were floating on water.

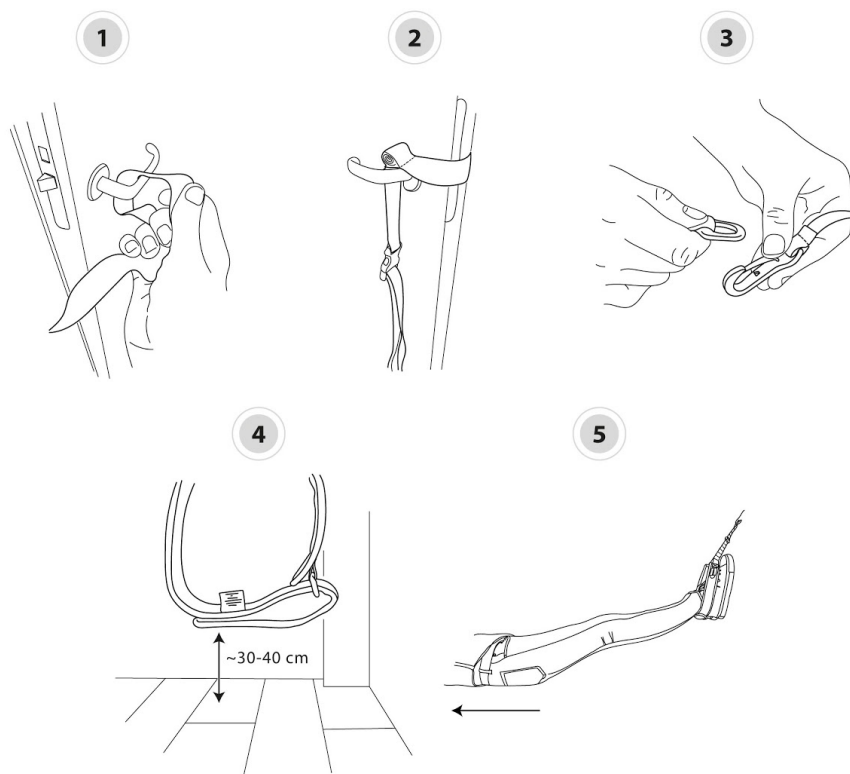


LOWER BACK TRACTION

Required tools: TracPal Strap and Extension Strap.

- a) Hook the extension strap on the door handle on the opposite side of the door and bring the strap to your side (Image 1 and 2). Connect the TracPal device to the extension strap via the D-ring and carabine (Image 3). The length of the extension strap should be so that TracPal will hang 50-60 cm from the ground (Image 4). Fold TracPal into an O-shape wide enough, so that both of your feet will fit through.
- b) Lie down on the mat to prevent sliding on the floor. Place your feet through the loop and make sure your feet will not slip out. (Image 4).
- c) Slowly move away from the door until you feel light traction in the lower back (Image 5). Stay in this position for 5-10 minutes. You can also swing your legs from side to side to create a more relaxed feeling in the lower back.

For deeper lower back stretch - support your upper body on the elbows and push the lower back towards the floor, breathe deeply 5-8 times.



SHOULDER TRACTION

Required tools: TracPal Strap.

- a) Place the door jamb strap in between the door jamb above your shoulder height, close the door and pull tight. Fold TracPal into an O-shape. The TracPal strap should end below your shoulder (image 1).
- b) Put your elbow through the TracPal device to support your elbow. The weight should be equal on both legs. Have your feet about shoulder width apart. Push your shoulders back.
- c) With the free hand grab your wrist. Slightly lean your body away from the door. Keep your body in a straight position (image 3).

Keep your shoulder in a low position, completely relaxed and balanced.



INSTRUCTIONS FOR CARE

The product should be used in strict conformity with the user instructions. The product is not flame-resistant. The product should not come into contact with grease or acid agents, unguents and lotions, as this can reduce the period of use. Use a slightly moistened cloth to clean the product. Dispose the product in accordance with national regulations.

CONTRAINDICATIONS

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.

REGULATIONS

The product meets the requirements of the Medical Device Directive 93/42/EEC and has been classified according to the European classification rules.

LIABILITY

The manufacturer's warranty only applies if the product has been used under the conditions and for the purposes described. Use the product according to this paper and at your own risk. Prelab OÜ does not take any responsibility and is not liable for any damage caused to the users or their surroundings through use of the product.

MATERIAL

Strap: polyester, Velcro: polyamide, Inner mesh: polyester, Webbing: polyester

PATENT

TracPal is protected by patent number EP3135265