

Acumag

Neck Traction with magnets

Having neck pain is a pretty common condition. It's often extremely painful and sometimes disabling. The Acumag neck traction provides a safe and scientifically designed solution to the majority of neck pain -

- Whiplash injuries
- Muscles spasms
- Nerve compression
- Herniated discs
- Fibromyalgia
- Radiculopathy
- Spondylosis
- Narrowing foramen
- Neck support



The unique design of the Acumag Neck traction is both comfortable and easy to use. It is thin and light weight, allowing near full range of movements whilst worn. The main concept of neck traction is to elongate the neck muscles and separate cervical vertebrae, which often results in rapid and prolonged relief from the soreness and irritation that accompanies cervical problems. Gentle, intermittent traction exercises the neck muscles increasing circulation. Whilst firm, static traction lowers the pressure between vertebrae, freeing pinched nerves and easing herniated discs.

What causes Neck pain?

It helps to understand the anatomy of the neck. Your neck's composed of seven bones, called vertebrae (in pink), in a row. Between each one is a soft disc (in blue). The discs have a tough covering with a softer inside: think of a waterbed full of jelly. Your spinal cord is inside the vertebra, right behind the solid part, in the spinal canal. There are openings on each side where the nerves (in yellow) to your neck, shoulders, and part of your arms come out.



Common causes of Neck pain

Due to Injury or Accidents: A common injury is whiplash resulting from being hit from behind in a motor vehicle accident. This force throws the head backward and then forward rapidly, resulting in muscles and ligaments responding by tightening and consequently straining and stretching pain-sensitive tissue.

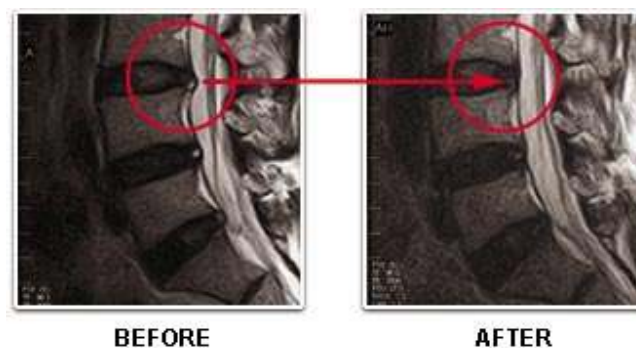
Old Age: Growing older can result in degenerative changes in the vertebrae and consequently the surrounding tissue can become irritated and shortened, with possible nerve compression due to disc herniation or narrowing. Degenerative disorders such as osteoarthritis, spinal stenosis, and degenerative disc disease are known to affect the spine

Everyday Life: Poor posture over time can result in muscle imbalances, weakness and shortening of tissue that will restrict normal movement and result in pain. This also can disrupt the nerve root opening and result in numbness, tingling, and pain. Everyday emotional stresses can produce increased tension in muscles, causing them to contract, tighten and result in stiffness and pain.

How does Neck traction help?

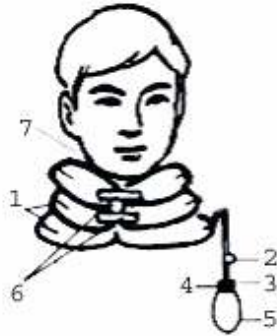
Traction methods have long been used by physical therapists in dealing with neck pain. There is significant body of medical evidence (see references) that has shown benefits from neck traction. Traction works through a number of mechanisms including passive stretching of the muscles and ligaments, gapping of the facet joints, improving neural foraminal opening, and reducing cervical disc herniation. It has been found to reduce nerve impingement in individuals with confirmed radiculopathy and localized neck pain in individual with cervicogenic pain and spondylosis.

MRI Results

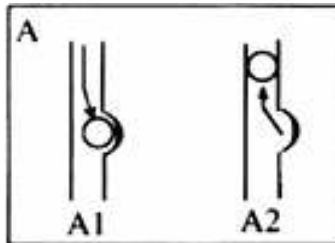


MRI photos of before and after use of Neck traction

How to use Acumag Neck Traction?



1. Air chamber
2. Blocking ball valve
3. Valve for deflation
4. Valve cushion
5. Air inlet ball
6. Straps
7. Magnets



A. Detail of the ball valve for blocking the air flow

- A1 Open
A2 Closed

1. Put Acumag Neck Traction around neck, adjust the circle for different sizes and fix the straps in the front. First time users may wear it before a mirror. **Please note that the air inlet ball should be placed by the side of left hand!**
2. Fasten the air-releasing screw before hand-pumping. **Make sure the direction of the cushion is correct**
3. Pump with hand till symptoms subside. making sure it comes to an optimal pressure, close the ball valve
4. The fixing control should be used at least 2-3 times a day with a minimum of 20 minutes each time
5. Open the ball valve and loosen the air-releasing screw after use, let the air out slowly
6. At high pressures, the appliance should be used for shorter periods.
7. Inflate the appliance to obtain medium traction for a few minutes, deflate, re-inflate at medium traction for a few more minutes before finishing the treatment.

The Acumag Neck traction can be used whilst seated or laying down. Physical therapists often recommend that neck tractions devices be used in the supine position, lying on one's back, to reduce pressure on the spine.

The pillow can also be used to simply support the neck and head, especially whilst traveling, to make journeys comfortable.

Important Notice

- Acumag Neck traction should be kept away from sharp surfaces, high temperatures, and dust.

- Inflate the pillow gradually and deflate under any discomfort.
- Not to be used by children. Keep away from children.

In addition to using the Acumag Neck traction

- A proper daily neck and shoulder exercise program recommended by a doctor should be carried out. This is for developing strong muscles, tendons and ligaments surrounding the neck.
- Maintaining correct and proper posture, when sitting, standing, walking and sleeping.

Contraindications

- Any fractures; cervical, spinal, sternum
- Postoperative conditions
- Severe rheumatoid arthritis
- Inflammatory disease
- Any malignancy
- Mental disorders
- Spinal cord injuries
- Blood clotting disorders

Consult with a doctor if you incur any problems

Product Characteristics

The Acumag Neck traction is a pillow covered by flocking cloth with emulsion of tensile elasticity as the middle layer. In addition, there is a magnetic bar placed within the pillow.

For further inquires, contact Acumag Ltd, 106 West St, Erith, Kent, DA8 1AQ, Tel 01322 447610 or visit our website www.acumag.co.uk

References

Chung TS, Lee YJ, Kang SW, Park CJ, Kang WS, Shim YW. Reducibility of cervical disk herniation: Evaluation at MR imaging during cervical traction with nonmagnetic device. *Radiology*.2002; 225:805 -900.

Moeti P, Marchetti G. Clinical outcome from mechanical intermittent cervical traction for the treatment of cervical radiculopathy: A case series. *Journal of Orthop Sports Phys Ther*.2001; 31:207 -213