

# Saunders Lumbar Traction Devices User's Guide

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SAUNDERS LUMBAR HOMETRAC DELUXE (PN 101099A)  
SAUNDERS STX LUMBAR TRACTION DEVICE (PN 100799)

US Patents

#6,059,548

#6,506,174

#D415,254

#7,108,671

Other Patents Pending

Para ver la versión en español ir a [www.thesaundersgroup.com/translations/traction\\_spanish.pdf](http://www.thesaundersgroup.com/translations/traction_spanish.pdf)

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## SECTION ONE: GENERAL GUIDELINES AND PRECAUTIONS

Congratulations on your purchase of a Saunders Lumbar Traction Device.

Your new traction device is designed to provide safe and effective traction (stretching) to the lumbar region (low back). Your traction device requires minimal assembly and is nearly ready to use out of the case. If you have questions regarding its use or to report any problems, contact your authorized Saunders traction dealer or The Saunders Group, Inc.® at 1-800-966-4308 or (952) 368-9214 or sales1@thesaundersgroup.com.

***Read these instructions completely before proceeding.***

### Indications And Contraindications For Use

Depending upon the advice of your health care provider, traction can be used to treat these conditions:

- osteoarthritis
- headaches
- herniated discs
- muscle tightness
- joint stiffness
- nerve root compression

Traction should not be used to treat these conditions:

- acute or traumatic injury
- spinal instability
- fracture
- rheumatoid arthritis
- spinal cord compression
- infections and inflammatory diseases
- malignancy
- any other conditions that may be made worse by movement

**WARNING:** The sale of this device is restricted to individuals by or on the order of a licensed health care provider. The instructions provided by your health care provider should be followed precisely. Do not exceed the recommendations of your health care provider. Exceeding these recommendations may aggravate an existing condition or cause additional injury. Traction should never cause pain. A stretching sensation or some slight discomfort may be felt during treatment. Improper application of traction or the use of excessive force may aggravate an existing condition or cause additional injury. If pain is increased in the neck, back, arms or legs, or if you experience dizziness, nausea or any other type of pain or discomfort during or after treatment, discontinue use immediately and consult your health care provider before further use.

## WARRANTY INFORMATION

The Saunders Group, Inc. is proud of the high quality of our product and would like every customer to be completely satisfied. Therefore we pledge to the original purchaser that should there be any defects in material or workmanship within one year following the date of purchase we will repair or replace the unit or refund the purchase price at our sole discretion. This warranty is not transferable. This warranty shall not apply to any product which has been subject to misuse, abuse, negligence or accident or any defects or damage directly or indirectly caused by the use of unauthorized replacement parts and/or service performed by unauthorized personnel. This Warranty is void unless the traction device is properly stored and transported in its carrying case. The foregoing warranty is exclusive and in lieu of all other expressed or implied warranties, (including, without limitation, any implied warranties of merchantability or fitness for a particular purpose). No person (including any agent, dealer or representative of Saunders products) is authorized to make any representation or warranty concerning products except to refer purchasers to this warranty. The foregoing remedy is the exclusive remedy to the user of the Saunders traction device with respect to any and all losses or damages resulting from any cause whatsoever relating to the traction device. We shall in no event be liable for any consequential or incidental damages of any kind, however occasioned, whether by negligence or otherwise. To obtain performance of this warranty obligation, the original purchaser should return the traction device to the location where originally purchased where any repairs, returns or refunds will be coordinated. Return of devices purchased directly from The Saunders Group, Inc. requires prior return authorization. Please contact our Customer Service Department at 1-800-966-4308 or (952) 368-9214 or [sales1@thesaundersgroup.com](mailto:sales1@thesaundersgroup.com).

Do not attempt to repair or modify the traction device in any way. The pump has been designed to enhance safety and its gauge is calibrated to be used with the existing cylinder. Any attempt to modify these components voids the warranty and may result in injury.

## Before You Begin

Review the guidelines you received from your healthcare provider regarding the:

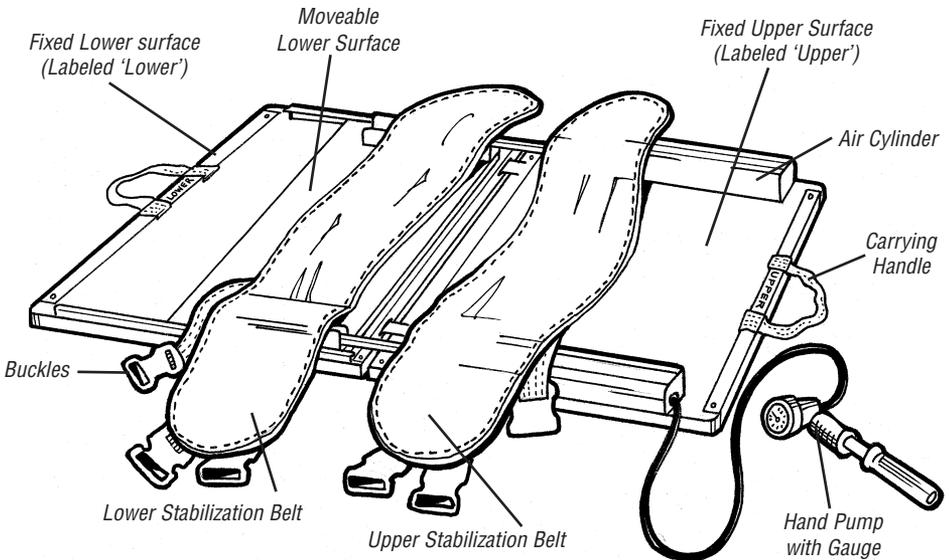
- amount of traction recommended (never so much that it hurts)
- duration (amount of time) of each treatment
- hold and relax times if intermittent traction is recommended
- number of treatments recommended per week or per day

For lumbar (low back) traction, remove clothing, belts and accessories around the trunk and lower back area. The upper and lower stabilization belts will stay more secure if they are in contact with bare skin. Therefore, for best results, remove your shirt and slide your pants down below your hips or remove them.

## SECTION TWO: SET-UP AND USE - LUMBAR HOMETRAC DELUXE

This section is for set-up and use of the Saunders Lumbar HomeTrac® Deluxe. If you have purchased a Saunders STx® Lumbar Traction Device, proceed to Section Four on page 9.

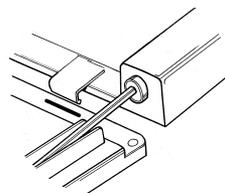
### Components - Lumbar HomeTrac Deluxe



**Figure 1.** Components of the Lumbar HomeTrac Deluxe.

## Set-up - Lumbar HomeTrac Deluxe

1. Remove the Saunders Lumbar HomeTrac Deluxe from the carrying case. Place the Lumbar HomeTrac Deluxe on a firm surface.
2. Lay the Lumbar HomeTrac Deluxe out flat. Figure 2 shows how the “J” tabs on the upper surface easily fit into the slots on the lower end.
3. Remove the hand pump from the foam enclosure. Place the hand pump on the floor next to the unit as shown.
4. Open the buckles on the stabilization belts. Position the belts so that their edges are barely overlapping, lower belt over upper belt.
5. Have a clock, timer or wrist watch available to time your treatment.



**Figure 2.** J tabs.

## Applying Traction in Supine (Back-Lying) Position - Lumbar HomeTrac Deluxe

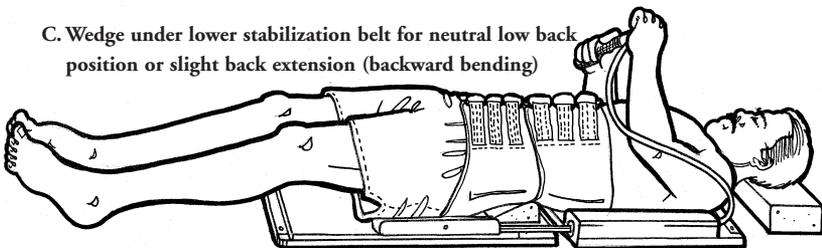
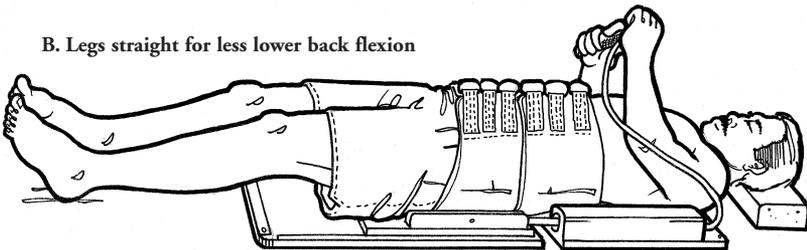
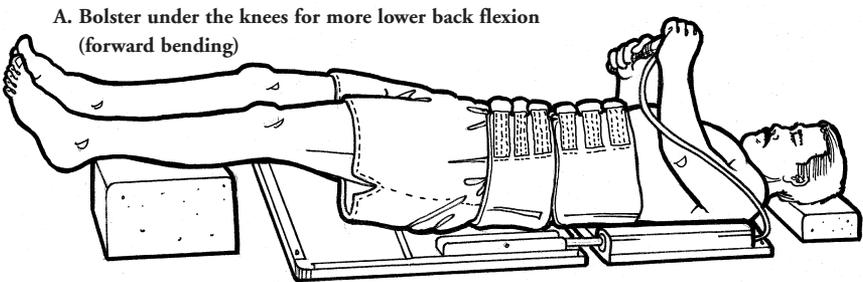
1. Kneel on hands and knees in an “all fours” position, on one side of the Saunders Lumbar HomeTrac Deluxe, with your head toward the UPPER end.
2. Slowly turn your body and sit on the LOWER surface just below the lower stabilization belt.
3. Gently lower yourself so that you are lying on your side on top of the stabilization belts. Make sure the belts are still in the correct position, edges barely overlapping. Now, roll over onto your back. (Your waistline should rest on the area where the belts overlap).
4. If desired, or as instructed by your health care provider, place pillows, wedges or bolsters under your knees, back and/or head (Figure 3).
5. Secure the lower stabilization belt over your bare skin first. Click the buckles on the straps closed. Tighten the straps as snugly as possible. Now secure the upper stabilization belt the same way. The top buckle does not have to be buckled if it is uncomfortable.

6. NOTE: It is important that both belts fit quite snugly – as tight as possible without discomfort. Retighten both belts now, if needed.
7. Apply traction using the pump as described in Section Three.

NOTE: Your health care provider may instruct you to:

- use several pillows (or bolster) under your knees for more flexion (forward bending) of your lower back
- position your legs fully straightened for less flexion, or;
- place a small towel (or wedge) under the lower (pelvic) belt for neutral or slight extension (backward bending) of your lower back.

Refer to Figure 3 for instruction in the various position options.



**Figure 3.** Position Options in Supine (Back-Lying).

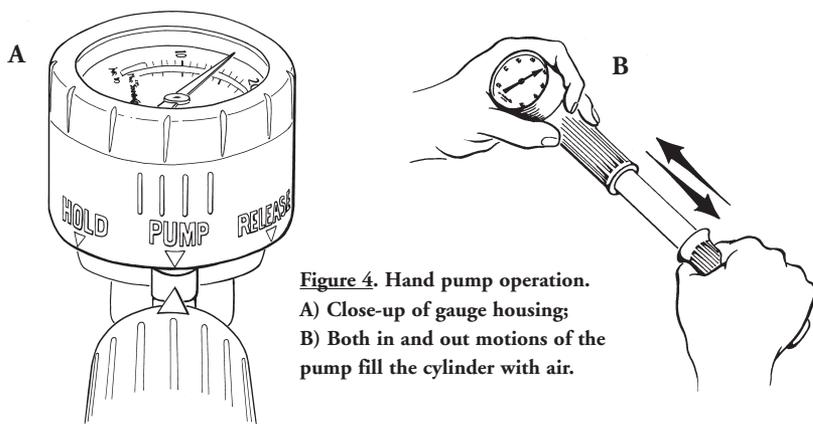
## Applying Traction in Prone (Stomach-Lying) Position - Lumbar HomeTrac Deluxe

Follow instructions for Supine (Back-Lying) Position, with the following exceptions:

1. Once you are lying on the Lumbar HomeTrac surface, place pillows under your ankles and a small towel under your head for comfort.
2. Have a partner secure the stabilization belts over your bare skin as described in Step 5 on page 6.

### SECTION THREE: HAND PUMP OPERATION

Once you are secure and comfortable in your Saunders Lumbar Traction Device, you will apply traction by pumping air into the cylinders using a hand pump (Figure 4).



**Figure 4.** Hand pump operation.  
A) Close-up of gauge housing;  
B) Both in and out motions of the pump fill the cylinder with air.

First, rotate the gauge housing of the hand pump to the “PUMP” position. Begin SLOWLY pumping air into the cylinder by stroking the pump handle all the way out and all the way in. Observe the gauge to make sure you are staying within the guidelines provided by your health care provider. **DO NOT OVER-INFLATE.**

**NOTE:** If you give too much traction, rotate the gauge housing to the “RELEASE” position to let some air out of the system. Begin again by rotating the gauge housing to the “PUMP” position.

When you have reached the desired amount of stretch, rotate the gauge housing to the “HOLD” position. Begin timing your treatment now, following the instructions of your health care provider.

Do not exceed the level of traction prescribed by your health care provider. The stretch provided by traction should never cause pain. Relax . . . let your traction device do the work.

When the treatment is complete, release the traction by rotating the gauge housing to the “RELEASE” position. Slacken the belts, then release the buckles. You should rest and relax for a few moments before getting out of the traction device.

Return the Lumbar HomeTrac to the starting position by lifting the UPPER end to a 90° angle and gently applying downward pressure. For the STx, lift the LOWER section.

### Review of Hand Pump Operation

1. “HOLD” - holds traction force at desired level.
2. “PUMP” - fills the cylinder with air, increasing the traction force.
3. “RELEASE” - empties air from the cylinder during or after treatment and prior to use.

## SECTION FOUR: SET-UP AND USE - STx® LUMBAR TRACTION DEVICE

This section is for set-up and use of the Saunders STx® Lumbar Traction Device. After you have secured yourself comfortably in the STx Lumbar Traction Device, go back to Section Three for operation of the hand pump.

### Components - STx Lumbar Traction Device

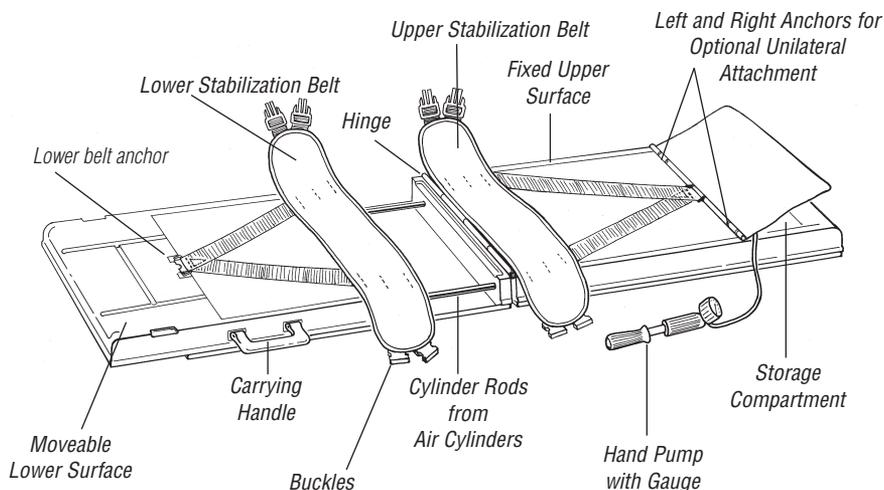


Figure 5. Components of the Saunders STx Lumbar Traction Device.

## **Set-up - STx Lumbar Traction Device**

1. Place the STx on a firm surface. Open the closure straps that secure the STx in a closed position and lay it out flat.
2. Remove the stabilization belts (2) and hand pump from the storage compartment. Place the hand pump on the floor next to the unit.
3. Attach the lower and upper stabilization belts to the lower and upper anchor hooks as shown (Figure 5). Position the belts so that their edges are overlapping. NOTE: For one-sided (unilateral) traction, the upper belt can be attached to the left or right anchor attachment as instructed by your health care provider.
4. Have a clock, timer or wrist watch available to time your treatment.

## **Applying Traction - STx Lumbar Traction Device**

Positioning yourself and securing the stabilization belts on the STx Lumbar Traction Device are the same as previously described in the Applying Traction section beginning on Page 6. Go back to Section Three for operation of the hand pump.

## **SECTION FIVE: MAINTENANCE AND TROUBLESHOOTING**

### **Maintenance**

If you believe your Saunders Lumbar Traction Device requires maintenance, contact your authorized Saunders Traction Products dealer or contact the Saunders Group, Inc.® at 1-800-966-4308 or (952) 368-9214 or sales1@thesaundersgroup.com.

### **Cleaning**

All surfaces of your Saunders traction device may be cleaned with a mild detergent or disinfectant. Do not immerse unit in water. The Saunders Lumbar HomeTrac® Deluxe and STx® Lumbar Traction Devices should be left in the “open” position to air dry. If unit is transferred between different users, all surfaces should be cleaned using standard cleaning techniques paying particular attention to the components that come in contact with the body.

## **Storage**

Your Saunders Lumbar HomeTrac should be stored in its protective case. Replace the pump in the protective foam enclosure. Fold all belts, closing buckles where applicable. Your Saunders STx should be stored in the closed or folded position with all components stored in the storage compartment.

## **Troubleshooting**

Saunders Lumbar Traction Devices feature a very accurate, sensitive gauge. The pump is specifically designed not to leak in the “HOLD” position. If you notice a drop in the gauge reading when in the “HOLD” position it is probably because you have relaxed or moved slightly. If this happens, return to the “PUMP” position and pump back to the desired force, then reset to “HOLD”. If the traction device loses air rapidly, there may be a leak in the system.

### Questions to Ask:

- Is the pump in the “PUMP” position when pumping?
- Is the pump in the “HOLD” position when receiving treatment?
- Are you lying still? (Any movement will cause fluctuation).
- Are you pumping slowly?
- Are all the connections tight (i.e. hose cap, lens cap)

If the unit is leaking air, try the following:

- Check the air hose connections at the hand pump and gently tighten as necessary. Do not over-tighten as the threads may strip.
- Tighten the hand pump shaft sleeve cap located above the serial number label.

If you have any questions, please contact your authorized Saunders Lumbar Traction Device dealer, or The Saunders Group, Inc. Customer Service Department at 1-800-966-4308 or (952) 368-9214 or [sales1@thesaundersgroup.com](mailto:sales1@thesaundersgroup.com).

## SECTION SIX: REPLACEMENT PARTS AND ACCESSORIES

Below is a listing of replacement parts and accessories. Please call 1-800-966-4308 or (952) 368-9214 for details and pricing.

<b>PRODUCT</b>	<b>PART #</b>	<b>DESCRIPTION</b>
Lumbar HomeTrac Deluxe	101124U	Upper Thoracic Stabilization Belt
Lumbar HomeTrac Deluxe	101124L	Lower Pelvic Stabilization Belt
Lumbar HomeTrac Deluxe	101130-2	Hand Pump Replacement Kit
Lumbar HomeTrac Deluxe	101134	Carrying Case
Lumbar HomeTrac Deluxe	101123	Instructional Video
Lumbar HomeTrac Deluxe	500007	User's Guide
Lumbar HomeTrac Deluxe	100908	Lumbar Mobilization Wedge Set
Lumbar HomeTrac Deluxe	100911	Saunders Traction Accessory Kit
STx Lumbar Traction Device	100900	Lower Stabilization Belt (Pelvic)
STx Lumbar Traction Device	100901	Upper Stabilization Belt (Thoracic)
STx Lumbar Traction Device	100889-2	Hand Pump Replacement Kit
STx Lumbar Traction Device	100902	Instructional Video
STx Lumbar Traction Device	500007	User's Guide
STx Lumbar Traction Device	100908	Lumbar Mobilization Wedge Set
STx Lumbar Traction Device	100911	Saunders Traction Accessory Kit