

HipTrac^{UK}

Instruction Manual
HIP TRACTION UNIT

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LETTER TO PATIENT

Thank you for choosing the HipTrac to help you achieve your goal of a more active and less painful lifestyle. Working with your health care provider the HipTrac system is designed to help improve your current condition. Please read this instruction manual carefully before using your HipTrac. The instructions on the following pages are very specific and will show you how to use and care for your HipTrac.

NOTE: Please read the information on precautions, indications, and contraindications in this manual before using the HipTrac (Page 10).

Always consult your Doctor, physiotherapist, chiropractor or osteopath if you have any specific questions or problems regarding the use of your HipTrac.

Your health care provider possesses technical knowledge about the HipTrac and is familiar with your specific condition and personal needs. Always follow the instructions of your health care provider to safely obtain the greatest benefit from your HipTrac.

INTRODUCTION

There are millions of individuals suffering from hip (acetabulofemoral) pain related to a variety of conditions, such as osteoarthritis, femoral acetabular impingement and labral tears. For over a hundred years, the first and most widely used hands-on treatment has been long axis hip traction. Traditionally, a health care provider uses his/her hands to manually perform the technique of grasping the patient's leg and distracting the hip. This has been proven very effective in reducing pain and improving joint mobility.

Hip traction provides natural pain relief while stretching tight tissues around the joint. This allows the individual to improve their mobility and increase their activity level with less pain.

Some individuals that benefit from hip traction may begin to reduce their use of pain medications. As the individual increases their activity level with less pain, they will then be able to perform more therapeutic exercise to make gains in strength, mobility, and weight loss. These gains have been shown to also further improve conditions of the hip and increase functionality.

The HipTrac is a lightweight, portable device that replicates this same hip traction at home. Until now, there has not been an effective way for patients to easily and safely perform this technique without the assistance of another person.

The HipTrac will help many individuals with hip pain significantly improve their quality of life.

HOW THE HIPTRAC WORKS

Your HipTrac is a pneumatic device that provides home hip (acetabulofemoral) traction in an easy to use, comfortable, and effective way. It is designed to replicate traction treatment you may receive from your health care provider.

The HipTrac is designed to use traction to relieve pain, increase joint mobility, and relax surrounding musculature. It is important to follow your health care provider's recommendations precisely with regard to treatment force (correlating to the pressure reading on the hand pump gauge), usage, position, and treatment duration.

Your health care provider will provide you with specific directions on the proper use of the HipTrac for your condition. Do not deviate from his/her directions.

It is important to understand that pain is a symptom of an underlying condition, and the HipTrac device has no curative effect on the cause of your pain. Therefore, home hip traction is not a substitute for proper medical evaluation and treatment, but rather a supplement and/or extension to them.

CAUTION: A slight stretching sensation and/or some mild discomfort may occur during the use of this traction device. However, at no time should you feel any pain. If pain is increased in your foot, ankle, knee, hip, lower back or any other location, immediately discontinue the use of this traction device and seek the counsel of a medical professional and/or your health care provider. Do not begin to reuse this traction device until you have consulted your health care provider. The application of excessive force or the improper application of traction may result in additional injury or may aggravate a pre-existing medical condition

HIPTRAC SYSTEM COMPONENTS

The HipTrac System is Provided With:



A. HipTrac
B. Knee/Ankle Binding
C. Slide Carriage
D. Support Legs

E. Foam Pad
F. Hand Pump with Gauge
G. Pull Strap
H. Instruction Manual

*Use only HipTrac replacement parts.
Order from HipTrac UK at 0115 882 0733.*

HIPTRAC DEVICE FEATURES & CONTROLS

Hand Pump & Gauge

The supplied pneumatic hand pump adjusts the force of the traction delivered. As you pump air into the device's pneumatic cylinder, the gauge indicates the amount of air pressure in the cylinder. This pressure correlates to the force being applied to your hip.

Your health care provider will determine the proper amount of force. Do not deviate from their recommendations. Doing so may be hazardous to you and your medical condition. The hand pump includes a release button that releases air from the cylinder and brings the HipTrac into neutral position.

The release button may also be used to assist in intermittent traction.

NOTE: In an emergency, fully depress and hold the release button until traction device is in neutral position.

Slide Carriage

Multiple openings for which the hook of the binding inserts for users of different heights.

Pneumatic Cylinder

The cylinder moves the slide carriage within the HipTrac.

Support Legs

The support legs can be used in four different positions: 0 degrees (closed) or locked in 3 different positions of 10, 20, and 30 degrees, depending on your comfort level and instructions from your health care provider.

Pull Straps

The pull straps are used when connecting and disconnecting from the HipTrac at the end of a session.

HIPTRAC DEVICE FEATURES & CONTROLS

Bindings

While seated, begin with wrapping the Ankle binding around the lower leg just above ankle bones. The lowest edge of the wrap should be right above the two ankle bones. After securing tightly, stretch and secure the two elastic Velcro bands around the ankle as well. These will need to be tight enough to prevent the binding from slipping during use, but not so tight that it creates discomfort.

Next, wrap the Above-The-Knee (ATK) binding around your leg directly above your knee. You will want this to be secured tightly right above your patella (knee cap). Then, stretch and tightly secure the two elastic Velcro bands around this binding. Complete the application by connecting the hook on the adjustable strap to the black plastic D-ring at top of ankle binding. Then, straighten your leg and tighten the adjustable strap between the ankle and the knee binding.

When first using the HipTrac, the bindings may slip slightly but this is normal. They should not slide off or create any discomfort. If uncomfortable or too loose, remove bindings and start from beginning. (See website for link to instructional video.)

NOTE: *Always consult your health care provider before beginning any treatment.*

NOTES ON HIP TRACTION & THE HIPTRAC

Hip traction has helped in the treatment of many conditions at the hip. Traction may be used to treat signs and symptoms associated with the following hip conditions:

- Osteoarthritis
- Femoral Acetabular Impingement
- Labral Pathology
- Pain
- Joint Stiffness
- Muscle Tightness
- Pre-Surgical Conditions
- Compression Conditions
- Any condition in which your health care provider prescribes outpatient traction of the hip

Never use traction to treat the following conditions:

- Fractures
- Infections and Inflammatory Diseases
- Malignancy
- Rheumatoid Arthritis
- Lumbar Spinal Cord Compression
- Traumatic or Acute Injury
- Any condition that can be aggravated by movement or in which hip traction is contraindicated

GETTING STARTED PRIOR TO USE

Carefully read and familiarize yourself with the directions you received from your health care provider. Pay particular attention to the following items:

1. Recommended traction force (remember traction should never cause you pain).
2. Recommended traction duration for each treatment.
3. Recommended hold and relax times for intermittent traction application (if prescribed). Prior to use, remember to have a watch readily accessible to time your treatment.
4. Recommended number of traction treatments daily or weekly

* Device should be returned to room temperature if stored over 38 degrees C or below 10 degrees C.

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Assembly

No assembly required other than securing the bindings to your knee and ankle, and connecting to corresponding opening in slide carriage. There is also a foam pad to place between your buttocks and the device to make it more comfortable. Both the foam pad and bindings fit easily back into the HipTrac when not in use.

Set-Up

Place the HipTrac on a firm, flat, non-slippery surface. Make sure you have enough space to lie down fully and that the device is not resting on top of the air pump hose.

You may also want a pillow for your head for comfort. Have bindings readily available to you.

USING THE HIPTRAC

1. Secure bindings to your ankle and knee. For directions, refer to Page 9 under "Bindings". You may also watch the instructional video on our website, www.hiptrac.co.uk.
2. Open the HipTrac and place support legs into one of the four different positions. There are three positions in which the support legs are placed into the "shark teeth", while the fourth position is when the unit is used closed all the way. In this position, place a small towel at the outer edge so that the air hose is not being crimped.
3. Lie down and place your leg, with bindings attached on the solid plastic part of the HipTrac, not yet in one of the holes. Use the pull straps to pull the HipTrac into your involved buttocks, with pad in between, as tightly as possible while reaching for the highest hook opening you can insert into. Ensure that you are securely connected to the slide carriage and that the foam pad is still between your buttocks and HipTrac.
4. Reposition your body so that you are comfortable and in the position recommended by your health care provider.
5. Begin gradually pumping air into the cylinder until the recommended amount of traction force has been reached. Some individuals will feel relief immediately at their hip while others will feel changes as treatment periods accumulate. Monitor the hand pump gauge making sure never to exceed the amount of traction force prescribed by your health care provider.
6. Stop pumping when the recommended amount of traction force has been attained, the hand pump will hold the pressure automatically.

NOTE: If traction force reading drops, it was probably caused by body movement, repositioning, or unit movement. To correct, slowly pump back to the desired traction force reading and relax.

NOTE: Should you pump beyond your recommended traction force, depress and hold the air-release button immediately until desired amount is obtained.

USING THE HIPTRAC

7. After you have reached your recommended traction force begin timing your traction treatment as prescribed by your health care provider.
8. After the traction treatment is complete, press the release button to release the traction.
9. Relax for a couple of minutes before removing your leg from the HipTrac.
10. To disconnect the ankle binding from the slide carriage, first remove foam pad from between your buttocks and HipTrac. Then use pull straps to pull HipTrac towards your buttocks while bending your knee slightly. Maintain pressure towards you with pull straps as you simply straighten your knee and the hook should easily lift right out of the HipTrac. Once out, you can rest your heel on the HipTrac for a few minutes if needed and eventually roll away from the HipTrac.

NOTE: In an emergency, fully depress and hold the air-release button until traction is in neutral position.

SAMPLE TREATMENT PROTOCOL

See sample treatment protocol below; however always follow the specific directions from your healthcare provider.

For the first few days, start with 1 minute of traction at a light to medium intensity, then release and rest for 5-10 seconds. Repeat this 6-8 times during the same session. You can do 1-3 sessions per day.

Over the next few days to week, continue with same parameters but slowly work up to 12-15 minutes of pulling at 1 minute per pull. Once you feel like your body tolerates this, then slowly increase the intensity over the next few weeks.

Most people like to stay with the 1-2 minute pulls, however others like to hold the traction for up to 5 minutes. Total traction time during any one session should not exceed 20 minutes.

You can increase the intensity to as high as you feel is comfortable. You should not feel any pain or numbness when using the HipTrac. Slight discomfort and pressure where the bindings attach to your ankle and knee is ok initially, but this should not hurt.

Again, this is just a sample and you should discuss your specific prescription with your health care provider.

CARE FOR YOUR HIPTRAC

The HipTrac is designed to be light-weight, portable and durable. It is built to provide you many years of effective hip traction.

Cleaning

Use only mild detergents to clean the HipTrac.

Troubleshooting

1. The HipTrac features a high quality gauge designed to be extremely accurate. If traction force reading drops, it was most likely caused by body movement or repositioning. To rectify, slowly pump back to the desired traction force reading.
2. If you are having trouble securing ankle and knee bindings, refer to Page 9 under "Bindings". You may also watch the instructional video on our website,

CAUTION: Strictly adhere to the recommendations of your health care provider. Do not exceed their recommendations. Doing so may result in additional injury or the aggravation of a pre-existing condition.

The recommended traction treatment force must be determined by a trial use of the HipTrac with your health care provider and not any other unit or style of traction.

Storage

Store your HipTrac in a cool, dry place. Should the temperature of the unit exceed 38 degrees C or below 10 degrees C, return to room temperature before operating.



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WARRANTY INFORMATION

MedRock, Inc. warrants your HipTrac to be free from defects in workmanship and materials for a period of one (1) year from the date of it being issued to you. MedRock, Inc. will repair or replace, at its factory, any devices found to have become defective within the warranty period.

This warranty does not apply to accessories nor does it apply to units that have been damaged due to misuse, or repaired or altered other than by MedRock, Inc. at its factory.

This warranty is in lieu of any other warranties expressed or implied. No person or entity is authorized to bind MedRock.



Orthopedic Medical Devices