

THE PRONEX® PNEUMATIC TRACTION UNIT

*Break the vicious circle of pain with passive traction.
This effective home-use device doesn't take pain lying down.*

Although the **Pronex Pneumatic Traction Unit** is designed for use with the patient in a supine position—it doesn't take pain lying down. Rather, the Pronex Traction Unit is one of the most effective devices available to remedy neck pain, strain, and spasm.

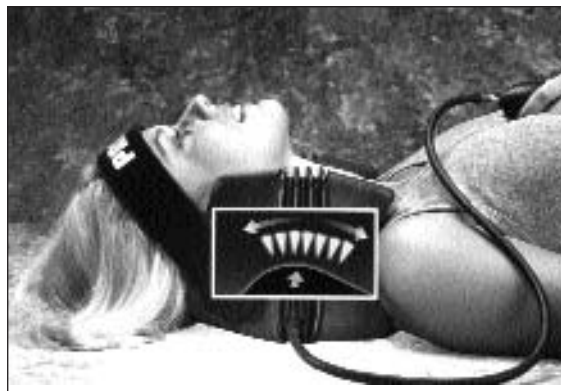
Dr. Art Nitz, Professor of Physical Therapy and Director of Graduate Training at the University of Kentucky Medical Center, points out that the orientation of the patient during traction with the Pronex device maintains the normal cervical lordosis, resulting in uniform traction both posteriorly and anteriorly across the vertebral disc. Other devices occlude the

anterior disc space in order to create temporary relief posteriorly. For Dr. Nitz's patients, the Pronex Traction Unit demonstrates "significant alleviation of symptoms. From increased range of motion to permanent improvements in vertebral disc height, the Pronex Pneumatic Traction Unit can be an effective alternative to clinic-based traction therapy."

Dr. Unal Tutak, a chronic pain specialist from Birmingham, Alabama, agrees. For

many of his patients, he says, the Pronex Pneumatic Traction Unit is the key to breaking the "vicious circle of pain" brought on by radiculopathy. "This circle begins when nerve roots are irritated, causing edema and pressure within the intervertebral foramina," according to Dr. Tutak. "This pressure triggers a reflex response in the patient's cervical muscles causing them to contract, as a way to fix the cervical spine in place. Instead of

helping, this contraction further narrows the foramina through which the nerve roots must pass. An increase in pain means more tension applied by the muscles to try and fix the neck in place, and still more narrowing of the foramina..."



***Pronex® Pneumatic Traction Unit:**
For the relief of chronic cervical pain*

A vicious circle, indeed, but not a hopeless one, thanks to the Pronex Traction Unit. "Every patient who has tried the Pronex in our clinic has been pleased with the results," says Dr. Tutak. "A patient has the ability to use the device in a safe manner at home, which shortens the course of required medical therapy, and usually decreases the amount of medication the patient needs for pain relief." Dr. Tutak points out that other home traction devices such as "over-the-

door” models aren’t effective. “The human head weighs about 15 pounds. This means that 15 pounds of force is required simply to balance the weight of the head. Another 20 to 25 pounds of force is required to generate effective traction on the muscles of the neck to create more space for the intervertebral discs. The 30 to 40 pounds of total pressure in these systems is focused on the patient’s temporomandibular joint, and can literally tear up the temporomandibular joint capsule and disc,” says Dr. Tutak. There’s no mystery as to why patient compliance with these types of devices is poor, notes Dr. Nitz. It is simply because these devices exacerbate rather than relieve the amount of pain a cervical patient experiences.

Pneumatic traction ends this “circle of pain” by mechanically stretching the muscles of the neck, increasing the distance between vertebral bodies of the spine, and giving more space for the nerve roots. “Prolonged, intermittent passive stretching of muscles yields a measurably

increased range of motion, which relieves pain and, perhaps more importantly for the patient, brings hope into the picture that their pain will eventually subside,” according to Susan Nickell, President of **Glacier Cross** (Kalispell, MT), and a Pronex patient herself.

A key to home-based treatments such as Pronex, according to Dr. Nitz, is that patients can be taught by a physician or physical therapist to recognize effective therapeutic levels of traction on their cervical spines. Once a patient develops a sense of self-efficacy, the benefits from the simplicity and portable nature of the Pronex device really kick in. “Many of our patients require more traction therapy in the clinic than they can afford,” says Dr. Nitz. The Pronex is priced for individual ownership, and is reimbursable through worker’s compensation and most major insurance carriers. The Pronex Traction Unit’s portability means that chronic cervical patients can always have traction therapy at their side. When the typical patient

is placed on a home program centered on the Pronex device, Dr. Nitz feels good about the likely outcome. “I’ve had orthopedic surgeons call the clinic and ask, ‘What have you done to this guy?’ We had simply prescribed a Pronex and showed the patient how to use it correctly.”

When asked if his clinic could stand the loss of treatment revenue due to increased use of the Pronex device, Dr. Nitz replied, “The best advertisement for our clinic is a patient who gets well and becomes pain-free. The Pronex helps make this happen.”



For more information concerning the Pronex Pneumatic Traction Unit, call Glacier Cross, Inc. at 1-800-388-4828 or visit the Web site at www.glaciercross.com.