

## Contraindications

Any persons with any of the following conditions should consult with a physician before using Fisher Traction: structural disease that is secondary to tumor or infection, compromised vascular systems, conditions where movement of the spine is contraindicated (such as torn ligaments, muscles, or tendons that make the spine unstable or unstable bony fractures), acute strains or sprains and/or inflammation that would be aggravated by traction, unstable joints, osteoporosis, or claustrophobia.

***Your success is our success!***



We believe that everyone should have access to Safe, Simple, Affordable, and Effective treatment of neck and back pain. With the invention of Fisher Traction, and the patented negative G-Force technology, we can provide this to everyone for use at anytime, anywhere.

### **Purchase with confidence**

Return Policy: Please email [info@fishertraction.com](mailto:info@fishertraction.com) for return authorization and label.

**[www.fishertraction.com](http://www.fishertraction.com)**  
**[info@fishertraction.com](mailto:info@fishertraction.com)**  
**1-888-316-6129**

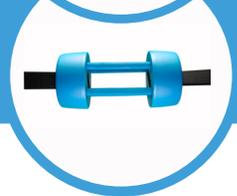
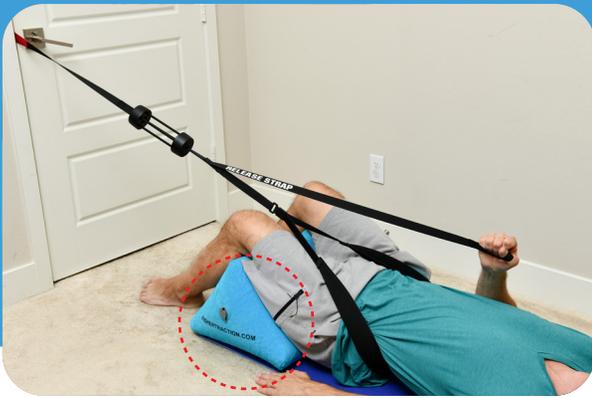
***Long lasting relief from neck and/or back pain is now as easy as lying down-anytime, anywhere.***



Fisher Traction was designed by an Award-Winning Chiropractor Dr. Jeff A. Fisher to provide at-home instant relief from neck pain, back pain, headaches, and cervical disc pressure.



**THANK YOU**  
FOR CHOOSING FISHER TRACTION



## HOW TO USE FISHER TRACTION **BACK** DEVICE

- 1 Simply attach the **RED** Loop to the backside of the door's knob where you will be lying in traction, and bring it in above the door jamb lock. While inside, close the door securely.
- 2 Sit down while facing the door with your feet touching the base of the door. Place the HIP Harness over your head, and down onto your hips, just below your spine. Tighten the harness with the adjustable black slide buckle.
- 3 With the harness at your hips, scoot yourself backwards slowly away from the door just enough to feel the pulling force engage, and grab and hold onto the Release Strap. Lie down slowly relaxing your body to allow the Negative G-Force to engage.
- 4 For best results - Use Fisher Traction Knee Supports with your Back Device. **(Scan QR Code below for video on importance of knee supports)**
- 5 After Intervals of 5 minutes, pull the Release Strap and hold steady for 30-60 seconds. This important resting phase allows for the Rehydration of the Spine by absorbing the fluid back into the Spinal Discs for optimum repair.
- 6 Once your 15 to 20 minute therapy is finished, and you have released the traction, continue to lay on the floor for a few additional minutes and then proceed to get up slowly.



Scan QR Code for Helpful Videos

## HOW TO USE FISHER TRACTION **NECK** DEVICE

- 1 Simply attach the **RED** Loop to the backside of the door's knob where you will be lying in traction, and bring it in above the door jamb lock. While inside, close the door securely.
- 2 Blow up the included Inflatable Shoulder Support and place it on the ground roughly 3-4 inches from a taught-stretched out Neck Device (tallest side of wedge closest to door). **(Scan QRCode below for video on importance of shoulder support)**
- 3 While holding your device, lay down on your **BACK** with your head closest to the door, and shoulders resting on the shoulder wedge. Once positioned correctly, slip the neck harness under your head, and secure it under the base of your skull.
- 4 Secure the head harness further with the adjustable black slide bringing the slide closer to your head for comfort. Grab a hold of the Release Strap.
- 5 After intervals of 5 minutes, pull the Release Strap and hold steady for 30-60 seconds. This important resting phase allows for the Rehydration of the Spine by absorbing the fluid back into the Spinal Discs for optimum repair.
- 6 Once your 15 to 20 minute therapy is finished, and you have released the traction, continue to lay on the floor for a few additional minutes and then proceed to get up slowly.



Scan QR Code for Helpful Videos