



Traction

7

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The equipment is composed by two items:
code 09324 Alfatrak
code 09336 Eurotrak



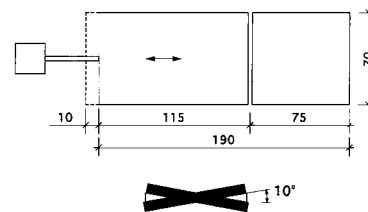
09324 ALFATRAC

Traction table equipped with accessories for different traction therapies (2 chin straps, 2 ankle straps, 2 chest straps, 2 lumbar straps and a set of 3 cushions).

The head section can be positioned slantwise for trunk rotation, while the pelvis bearing surface moves on guides to eliminate body friction during traction.

Epoxy-painted metal frame, high-density foam padding and synthetic leather cover.

This table fits the electronic traction unit Eurotrak (code 09336, item to be added to code 09324).



Fixed height 64 cm

09336 EUROTRAK

Electronic equipment that can be attached to couches or stands and programmed to perform lumbar or cervical therapeutic tractions, in static, continuous or intermittent modes. Ten therapy configurations are stored in the fixed memory, with the option of storing up to 50 different treatments, each consisting of 3 steps. The cycle time can be set to carry out one traction cycle more than once. The display shows the selected weight and time to allow constant monitoring during therapy. The safety system includes a buzzer which will give a warning in case of fault or programming errors. Pressing a safety switch allows the patient to interrupt treatment at any time. A detailed description of the therapeutic and technical specifications of the traction unit can be found in the user's manual supplied with the equipment. Dimensions 38 x 34 x 15 h cm – Weight 15 kg



TECHNICAL FEATURES

| | |
|---|---|
| Treatment time | 0÷60 min |
| Audible signal at end of treatment | Yes |
| Memories available | 50 memories with 3 steps each available |
| Pre-set treatments | 10 |
| Parameter display | LCD 15360 pixels |
| Protection Class | I, applied part BF Type |
| Power supply | 230V - 50/60 Hz - 80VA |
| Fuses | 2 x T 0.5A |
| Maximum cervical traction force | 20 kg |
| Maximum lumbar traction force | 90 kg |

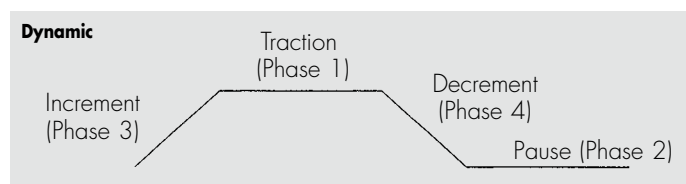
OPERATING MODE

Static

In static mode the unit exerts a steady force, equal to the set value, throughout the treatment.

Dynamic

In dynamic mode there are four phases as shown in the diagram below while the table gives the parameters for each phase.



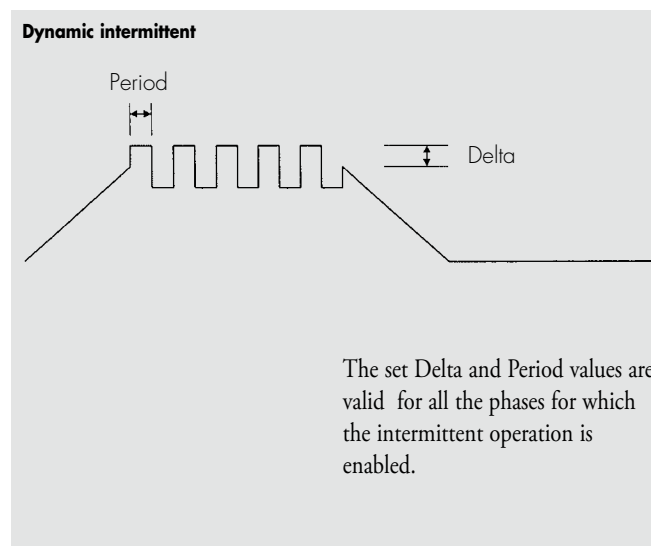
| PHASE | PARAMETERS |
|---------------------------|--|
| Phase 1: traction | <ul style="list-style-type: none"> • Traction time; • Traction force |
| Phase 2: pause | <ul style="list-style-type: none"> • Pause time; • Recovery: percentage of the traction force one wants to be maintained during the pause time |
| Phase 3: increment | <ul style="list-style-type: none"> • Increment speed: force increment speed, in kg/s, to change from the selected pause phase (recovery) to the selected traction value |
| Phase 4: decrement | <ul style="list-style-type: none"> • Decrement speed: force decrement speed, in kg/s, to change from the selected traction value to the selected pause value (recovery) |

Dynamic intermittent

In dynamic intermittent mode, when pressing the NEXT key appears the screen where you can set the parameters related to the intermittent operation.

You can enable or disable the intermittent operating mode for each phase (the reference phases are those described in the previous paragraph).

An instance of the intermittent operation is described in the following diagram, with reference to the traction phase.



The set Delta and Period values are valid for all the phases for which the intermittent operation is enabled.

The Active Lumbar Traction

THE ACTIVE LUMBAR TRACTION (ALT) È ORIGINATES FROM THE SWEDISH METHOD OF AUTO-TRACTION, A MECHANICAL TYPE OF TREATMENT FOR LUMBOSCIATIC PAIN DUE TO BENIGN MECHANICAL COMPRESSION CAUSES.

Among the mechanical causes we can include radicular syndromes due to protruded or herniated discs – both laterally and centrally located or extruded, single or multiple – as well as the insidious spinal stenosis syndromes, in which lumbosciatic pain is associated with forms of claudication resembling those caused by vascular pathologies. Patients formerly submitted to surgery and now suffering from its consequences, or relapses of previous syndromes are also eligible for treatment.

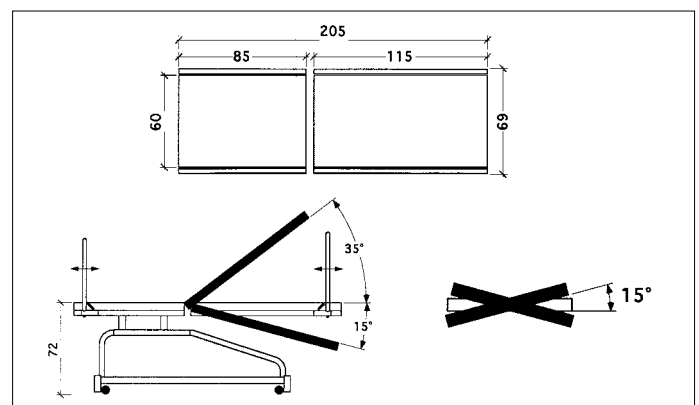
In 1985 the method was introduced to Italy and originally modified. The supporting scientific evidence is available in several authoritative international publications.



12065 ALT TABLE

Particular physiotherapy table divided transversally.

The caudal section of the table can be slowly adjusted up- or downwards and rotated in the left or right direction by means of an electric servo-mechanism, through which the therapist can position or mobilize the lumbosacral spine tridimensionally. Excursion and speed of the rotation are conceived within the limits of absolute safety. The table is supplied with special vertical and transversal bars, some of which are located in the cranial section. The patient can cling to these bars “pulling” his / her own body, making in this way efforts of “Active Lumbar Traction”. During the traction sessions, a pelvic strap is used to prevent slipping by fastening the patient’s body to the caudal section of the table, where he / she can push or pull other bars with the lower limbs.



ALT TREATMENT

The patient is invited to lie supine on the treatment table, as shown in Figure 1. The therapist checks if the patient experiences a greater pain when stretching his/her lower limbs. If so, treatment will continue as indicated in fig. 2. Otherwise the patient will remain supine, stretching his/her lower limbs. If the use of the pelvic belt is not indicated, the patient can hold himself/herself by putting his/her feet onto the distal bar – see fig. 3.

The therapist will then start to move the table by means of the appropriate hand control so as to determine which positions cause a possible increase or else a decrease in pain. At this stage, the patient might be requested to lie on his/her side, fig. 4.

Treatment will start with the patient lying in the least painful position.

The figures 4-5-6 show the typical positions for the ALT maneuvers. The patient simply “pulls himself/herself” with his/her arms exerting maximal effort for 5-6 seconds and then relaxes. Both traction and relaxing have to be gradually developed. After that, there is a rest of 10-60 seconds. During rest or active traction efforts, the therapist can adjust the treatment table, thus producing a mobilization of the spine, to bring the patient to positions that had previously proved to cause more pain. Maneuvers of active traction and/or passive mobilization will follow to conquer complete mobility.

The treatment begins with 3 outpatient sessions, each with a duration of half an hour, to be carried out every other day. Provided that subjective improvements are obtained, the treatment will continue with 3-6 additional sessions.



fig. 1



fig. 2



fig. 3



fig. 4



fig. 5



fig. 6

MANUAL



CHINESPORT
Cultura Libreria & Videoteca

01315

ALT MANUAL

Clinical and pathophysiologic review .

Treatment guide-lines by

Luigi Tesio, Alessandra Merlo, Alessandra Raschi

This manual for the “Active Lumbar Traction” is divided into three chapters. It describes the origin of the method and its scientific premises, its practical uses and a number of questions and their respective answers to get an idea about this type of treatment.

Italian-English edition

You can request a complimentary copy.



09220 TRACTION KIT

The Traction kit is either included in the traction equipment or can be supplied on request. It consists of the items illustrated below.



08035
BAG
0.5 kg

08045
BAG
1 kg

08055
BAG
2 kg

08065
BAG
3 kg

08075
BAG
4 kg

08085
BAG
5 kg



09430
TRAPEZIUM CUSHION
40 x 50 x 30h cm



09440
WEDGE CUSHION
45 x 42 x 15h cm



09450
HALF-CYLINDER CUSHION
30 x 15 x 8h cm



09400
LEATHER CHIN STRAP WITH
SUPPORT



09420
FABRIC CHIN STRAP WITH
SUPPORT



09390
LEATHER ANKLE STRAPS



09370
CHEST STRAP - MEDIUM
60 - 100 cm



09380
CHEST STRAP - LARGE
70 - 130 cm



09350
PELVIC STRAP - MEDIUM
60 - 100 cm



09360
PELVIC STRAP - LARGE
70 - 130 cm



W22230
HERNIATED DISC SIMULATOR
 Disc herniation simulator
 Dimensions 18 x 14 x 13 h cm

09460
CERVICALE ST
 Equipment for cervical traction in sitting position. It comes complete with chin strap with sling support, nylon cord with spacer, hook and weights for a total weight of 15 kg. The seat is not included in the supply. Dimensions 73 x 60 x 182 h cm



TracCollar. Traction is a widely used technique to relieve neck pain. TracCollar is designed both for professional and domestic use, suitable for those patients having rehabilitation treatment at their home. The collar expands using two inflatable air bladders that can be adjusted by the user. The two air bladders allow adjusting independently the traction on the left and on the right side of the neck so as to obtain the most suitable and comfortable treatment. An intermittent or static traction is obtained by an air release valve. TracCollar is available in two sizes.



01916
RED TRACCOLLAR
 M 34 - 42 cm

01935
BLUE TRACCOLLAR
 L 37 - 46 cm



Cervical ~ Lumbar Traction

The wedge pillow thanks to its shape adapts to the user's weight and helps maintain a proper posture at all times, enhancing the active traction of the lumbar spine.

Additionally it helps improve posture and eases stress on the spine, widening the intervertebral spaces and maintaining a constant traction while resting.

Often this kind of pillow is sufficient to prevent and relieve lumbar spine pain. The hypoallergenic materials enhance air circulation and are washable. Anyway we recommend you to use an additional protective pillow case. The internal foam rubber padding ensures proper thermoregulation.

The pillow adapts to the sacral spine and eases the muscles stress thus allowing a relaxed posture of the lumbar region. The wedge shaped pillow is used for daily rest, but not over 30 minutes, and also for widening the cervical fascia, providing relief to muscle strain in the cervical-lumbar region, which causes headaches, during and after treatment. We recommend you to use a cushion to support the dorsal spine so as to enable the correct use for the cervical and back tract.

Contraindications: Bonifacio pillow is not suitable for people with accentuated scoliosis or with no physiological curve of the spine. Should any problem or pain arise, please call your doctor.

Bonifacio pillow must be used only following the instructions for use given in this manual, any other use is prohibited.



01896 CERVICAL-LUMBAR
BONIFACIO PILLOW



Pillow positioning



Max recommended time for daily use: 30 min.



Squeeze the pillow before use



Use the pillow without any clothes on so that the pillow is in direct contact with the neck.



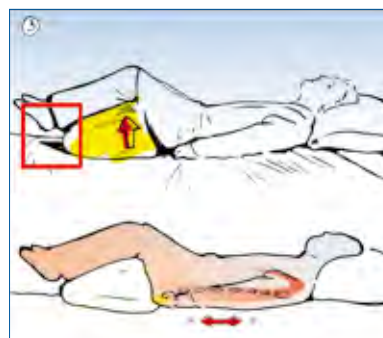
Proper use of the pillow for stretching the cervical region



Positioning the pillow under the calves



Squeeze the pillow by positioning it under the lower limbs



After squeezing the pillow will tend to swell up which relieves the lumbar compression



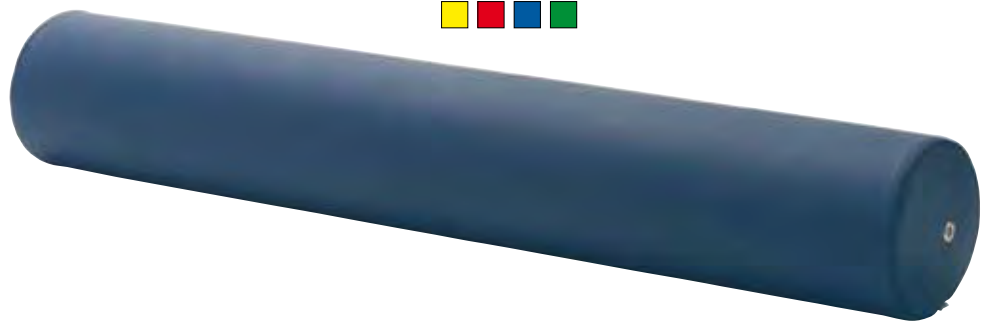
The heels shall not touch the mattress, but must be at a distance of not less than 2 cm

10320

PROPRIOCEPTIVE ROLL

This instrument helps the proprioceptive re-education of the rachis, the mobilization of the dorsal kyphosis and an effective antalgic action in presence of lumbar, dorsal or cervical ache. Laying for a few minutes on the roll produces complete relaxation, which combining with the gravity force gives a gradual decrease of the spinal curves, resulting in a nearly complete contact of the spinal column with the surface, achieved without any effort.

Ø 17 x 110 cm



This page shows some exercises and postures suggested by Prof. Benedetto Toso

10321

LORDOSIS SUPPORT

This small pillow is used as support for lordosis at lumbar or cervical level. If used between the lumbar region and the back-rest it provides an effective support for lordosis. It can be used on all common seats with back-rest or in the car as well. Back School suggests the use of this type of support to maintain the physiological curves not only during the daily activities but also during the exercises on the mat and the relaxation session.

Ø 29 x 14 x 5 h cm



MANUALS



01240

**BACK SCHOOL
NECK SCHOOL - BONE SCHOOL**
Programming, organizing, performing and checking. Italian Edition

01241

**BACK SCHOOL
NECK SCHOOL - BONE SCHOOL**
Specific work programs for spine pathologies. Italian Edition

In these two volumes, Prof. Benedetto Toso introduces us to his own method for the treatment of vertebral pathologies. His work features a wide range of exercises with images. The apparatus used for the exercises are those offered by Chinesport, while Milan-based Publishing House "Edi-Erme" is responsible for the book distribution.

11198

LUMBAR TRACTION SET

Set consisting of four cushions in non-deforming foam rubber, with removable and washable synthetic leather cover. These cushions allow performing exercises for relief of the lumbosacral tract. They can be used by anyone, and especially by those who wish to obtain the following advantages:

- muscular stretching;
- vertebral self-traction;
- venous reflux;
- joints relief.



74270

GRAVITATIONAL APOLLO

The "upside-down position" is recommended by sports and orthopedic medical experts both for relieving stress on the intervertebral discs and preventing backaches and muscular contractions.

Technical specifications:

sturdy frame of steel tubing with scissor-type hinge;
adjustable foot element;
padded foot holder with quick-adjustment and locking device.



DVD



01375.DVD

APOLLO GRAVITAZIONALE VIDEO

This video contains demonstrations of use suggested by Prof. Benedetto Toso. Available in DVD format. Italian Edition

01758 RUNDOBACK

Rundoback is a useful aid in medical, antalgic and rehabilitation gym.

Its shape has been designed to follow the physiological curvature of the spine.

- marked convexity to adapt to the form of concave curvature of the lumbar lordosis ;
- concavity to accommodate convexity of the dorsal kyphosis;
- convexity to maintain cervical lordosis.

When lying on Rundoback you can perform balance and relaxation exercises for rachialgia. Moreover this apparatus can be used as a bench to perform dumbbell exercises.



GYMSTICK combines an exercise stick of 130 cm and 2 elastic latex resistance bands of 75 cm. It is available in 5 different **resistance** levels; you can increase or decrease the resistance whether rolling or not the elastic bands around the stick. The muscle are intensely and continuously stimulated by the use of Gymstick since there are no breaks during workout: in fact muscles work either for lengthening the bands or for avoiding their rapid shortening. Gymstick is ideal for working on coordination capacities and proprioceptive balance, for rehabilitation and recovery of muscle tone, to combine weights exercise and resistance training. It comes complete with carry bag and instruction manual including exercise and workout DVD.



| Code | Color | Resistance | Recommended for: |
|-------|--------|-------------------------|--------------------------------------|
| 01986 | GREEN | Light 1-12 kg | Junior - Elderly |
| 01987 | BLUE | Medium 1-15 kg | Teenagers - Young - Women - Athletes |
| 01988 | BLACK | Strong 1-20 kg | Persons sufficiently trained |
| 01989 | SILVER | Extra strong 1-25 kg | Trained persons |
| 01990 | GOLD | Professional over 25 kg | Competitive Sport |



Back pain Wall Bar exercises

04550

HOME WALL BARS

Wooden wall bars for home use. Equipped with fixing plates. Used for back pain prevention and therapy, suitable for any environment.

Equipment

- 1) wall bars (85 x 230 x 10 cm)
- 2) foldable mat (60 x 150 cm);
- 3) backrest (17 x 90 cm);
- 4) Exercise manual and DVD - Italian edition



MANUAL - DVD



04560

DVD AND EXERCISE GUIDE

The DVD illustrates a range of exercises devised in collaboration with doctors and specialists for those who suffer from back pathologies. The exercise sequences are described in a complementary and informative manual. Italian edition.