

1. Walk back and forth a few times to evaluate baseline symptoms.
2. Open Hiptrac and set support legs to center angle (20 degrees).
3. Once connected, pump to 50 PSI, hold for 2 minutes.
4. Release air pressure approximately halfway and rest for 5 seconds.
5. Repeat steps 2 and 3 six times, total traction = 12 minutes.
6. Upon completion, walk back and forth to compare to baseline symptoms.
7. As indicated below, follow the protocol that best matches your symptoms.

**Pain relief or
no change**



Week 1 Protocol:

- * Duration: 10-12 minutes total
- * Intensity: 50 PSI
- * Duty Cycle: 2 minute holds, 5 second release between
- * Angle: 20-30 degrees flexion
- * Frequency: 1 x per day

Week 2 Protocol:

- * Duration: 12-15 minutes total
- * Intensity: 50-75 PSI
- * Duty Cycle: 2-4 minute holds, 5 second release between
- * Angle: 10-30 degrees flexion
- * Frequency: 1-2 x per day

Week 3 Protocol:

- * Duration: 15-20 minutes total
- * Intensity: 50-100+ PSI
- * Duty Cycle: 2-5 minute holds, 5 second release between
- * Angle: 0-30 degrees flexion
- * Frequency: 1-3 x per day

Week 4 and beyond:

- * Duration: 15-20 minutes total
- * Intensity: 50-100+ PSI
- * Duty Cycle: 2-5 minute holds, 5 second release between
- * Angle: 0-30 degrees flexion
- * Frequency: 1-3 x per day

You may progress to the Side-lying Protocol after 6-8 weeks of use and comfort with 0 degrees, >50 PSI.

**Some increase in
irritability or tightness**



Weeks 1 and 2 Protocol:

- * Duration: 6-8 minutes
- * Intensity: 30 PSI
- * Duty Cycle: 1 minute hold time 5 second release time
- * Angle: 30 degrees flexion
- * Frequency: 1 x per day



Re-evaluate symptoms



**Pain relief OR no change
Go to week 2 protocol**

OR

**Irritability or tightness
continues**



If irritability continues, please discontinue use and contact Medrock representative to discuss specific modifications.

info@medrock.com

For specific pathology details refer to the Provider Protocol sheet.