



**HipTrac™**

Instruction Manual

HIP TRACTION UNIT



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**MedRock™**  
orthopedic medical devices

## LETTER TO PATIENT

Thank you for choosing HipTrac to help you achieve a more active lifestyle. Please read this instruction manual carefully before using your HipTrac. You can also watch the online instructional videos at [www.hiptrac.com](http://www.hiptrac.com). The instructions 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).***

If you are working with a health care provider such as a physical therapist, physician or chiropractor, it may be beneficial to consult with them on how best to use your HipTrac for your specific situation. They possess technical knowledge of the HipTrac as well as being familiar with your specific condition.

## 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.

This technique also creates a muscular relaxation around the hip and lower back even in hips that are completely normal and healthy. This is why a lot of elite and professional athletes use hip traction after intensive training. It assists in their recovery and helps them go into their next training session with less tension and tightness.

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 light-weight, 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 that patients receive from a health care provider.

The HipTrac is designed to use traction to relieve pain, increase joint mobility, and relax surrounding musculature. You do not need a health care provider to instruct you in use of the HipTrac. However, if you are working with a health care provider, discuss any recommendations in regard to treatment duration, intensity and usage position.

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.

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            | E. Foam Pad             |
| B. Knee/Ankle Binding | F. Hand Pump with Gauge |
| C. Slide Carriage     | G. Pull Strap           |
| D. Support Legs       | H. Instruction Manual   |

*Use only HipTrac replacement parts.  
Order from MedRock, Inc. at 1 (503) 719-7775.*

## HIPTRAC DEVICE FEATURES AND CONTROLS

### Hand Pump and 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.

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 HipTrac can be used in four positions: 0 degrees closed or using the support legs at 10, 20, and 30 degrees.

### Pull Straps

The pull straps are used to pull the HipTrac into your body when getting in and out of the HipTrac.

### Bindings

While seated, begin with wrapping the Ankle binding around lower leg just above ankle bones. The lowest edge of the wrap should be right above the two ankle bones. The hook in the back of the ankle binding should be centered to your achilles tendon. 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.)

### NOTES ON HIP TRACTION AND 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 with indications for manual long axis traction.

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 the instruction manual and watch all the instructional videos on our website prior to using the HipTrac for the first time.

Like any new product or movement, you should always begin slowly and gently until you become very familiar with its use. See page 13 for “Sample Treatment Protocol”.

***\* Device should be returned to room temperature if stored over 100 degrees F or below 50 degrees F.***

### 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.com](http://www.hiptrac.com).
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 desired for use.

5. Begin gradually pumping air into the cylinder until the desired amount of traction force has been reached. Some individuals will feel stretch and/or relief immediately, while others need to accumulate the effects over multiple uses. 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.***

7. After you have reached your desired traction force, begin timing your traction force to monitor the traction and rest cycle as per your desired protocol.
8. After the traction treatment is complete, press the release button to release the traction. While holding the release button depressed, some people will bend their knee and gently assist the slide carriage back to its original position.
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

If the initial goal is pain relief then most individuals look to perform traction in as close to what we call the “loose-pack position” as possible: 30 degrees of flexion (up from floor), 30 degrees of abduction (leg moved out to side) and leg relaxed in as much natural available external rotation as possible (toes turned out).

If your goal is to increase stretch to the restricted joint capsule and gain range of motion, most individuals move towards what we call the “closed-pack position” of the hip: more extension (closer to floor), while still maintaining the abduction and external rotation for comfort. Some people can improve this stretch even further by using the HipTrac in side-lying so that they can perform traction with their hip extended behind them and rotating internally slightly (see videos at website and HipTrac YouTube Channel).

Overall, we encourage each person to “discover” what angles/positions in which they obtained the greatest relief and capsular stretch as desired. Oftentimes, individuals will feel greater mobility changes and pain-relief in a lower position. In many cases, individuals with hip osteoarthritis do not follow one strict protocol for their specific needs so we encourage you to discover the most pain-relieving and capsular stretching positions.

|                 |  |
|-----------------|--|
| <b>DAY 1-7</b>  | <i>1 minute hold under traction at 20-30 PSI followed by release for 5-10 seconds. You don't have to release all the way down, just half way. Repeat 6-8 times.</i>  |
| <b>DAY 8-14</b> | <i>Begin to increase to 1-3 minute holds at 30-50 PSI, 5-10 second releases, Repeat for a total of 12-15 minutes of traction time; choose the cycle based on comfort.</i>  |
| <b>DAY 14+</b>  | <i>1-5 minute holds. Progress gradually over time to as high as (40-100+ PSI) as you feel comfortable for total of 15-20 minutes of traction time, with 5-10 seconds in between. Choose the duty cycle based on comfort.</i> |

We encourage you to use it regularly in the presence or absence of pain to maintain consistent capsular mobilization/stretching and also when any flare-ups occur from harder physical days at work or home as needed.

Most individuals feel that they do not need to use it as often as time goes on as there is an accumulation effect that occurs overall. When you first use it, pain relief only lasts minutes or while on it. As you progress, relief will begin to last longer and up to days after use so you may be able to reduce their use to 2-4 times per week, rather than 10-20 times per week. Again, we encouraged you to find your optimum position, amount of time and traction force when using the HipTrac. If you are working with a healthcare provider, always consult with them on the protocol that would work best for your individual needs.

## 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, [www.hiptrac.com](http://www.hiptrac.com).
3. If the slide carriage is not moving higher, it may be because the air was not depressed to bring the carriage back to the start position.

### Storage

Store your HipTrac in a cool, dry place. Should the temperature of the unit exceed 100 degrees F or below 50 degrees F, 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, Inc. to any representation of warranty other than those specifically set forth herein.

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