

1. Walk back and forth a few times to get a sense of tightness, pain, catching, restriction of movement, aching, etc. Try to grade the pain/soreness from 0-10 (0 = no pain at all and 10 = worst pain imaginable).
2. Open HipTrac and set support legs to 20 degrees (middle setting).
3. Once you are connected to HipTrac, relax body fully and pump up to 50 PSI and hold traction for 2 minutes.
4. After the 2 minutes, release the pressure at least half way so that your leg feels the relaxation from the traction.
5. After relaxing for only about 5-10 seconds, pump back up to 50 PSI for 2 more minutes. You will want to repeat these steps 6 times so that you have had a total of 12 minutes of traction time.
6. Upon completion, carefully release and disconnect from HipTrac, then walk back and forth again to compare how you feel now to how you felt before the test.
7. As indicated below, follow the protocol that best matches your response.

Some relief or
no change

Some increase in irritability,
tightness or generally
uncomfortable response

Week 1 Protocol:

- Duration: 10-12 minutes of total traction time
- Intensity: 50 PSI
- Traction/Release Cycle: 2-minute hold /5 seconds release.
- Angle: 20-30 degrees flexion
- Frequency: 1-2 x per day

Weeks 2 and 3 Protocol:

- Duration: 15-20 minutes of total traction time
- Intensity: 50-75 PSI
- Traction/Release Cycle: 3-4 minutes/5 seconds
- Angle: 10-20 degrees flexion
- Frequency: 1-3 x per day

Week 4 Protocol:

- Duration: 20-30 minutes of total traction time
- Intensity: 50-100 PSI
- Traction/Release Cycle: 3-5 minutes/5 seconds
- Angle: 0 degrees closed to 10 degrees flexion
- Frequency: 1-3 x per day

Week 1 and 2 Protocol:

- Duration: 6-8 minutes of total traction time
- Intensity: 30 PSI
- Traction/Release Cycle: 1-minute hold/10 seconds release.
- 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

STOP

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

If you have success and a positive response in previous weeks AND you have restrictions in hip extension (leg moving behind you while walking, feels as if you cannot fully stride out or feels like tightness in front of hip/groin, then you can progress to the **Side-Lying Protocol** to gain more extension. Watch the instructional videos at www.hiptrac.com/go for specific details.

Move to side-lying positions and start with same parameters as Week 3 Protocol, except change angle to 30 degrees (highest setting). The side-lying position will create greater mobilization to the joint capsule. Start at 50 PSI and increase the intensity and progress back up as you did before.

Now that you have experienced HipTrac for 5-6 weeks and have tried a variety of angles, positions and intensities, it is up to you to discover which specific parameters your hip prefers. Although most people will do well with the protocols outlined here, the advantage of HipTrac is that you are able to customize the parameters to fit your needs.

For helpful tips or questions, please email us at info@medrock.com.