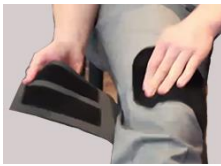


## Quick Start

### Getting ready to use HipTrac:



Step 1: Put on the ankle binding securely just above the ankle bones (malleoli). The hook at the back should be centered on the Achilles tendon.



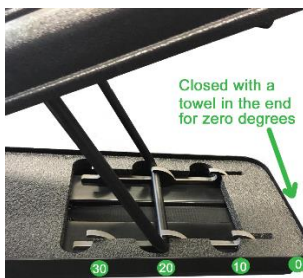
Step 2: Put on the knee binding securely just above the knee cap (patella).



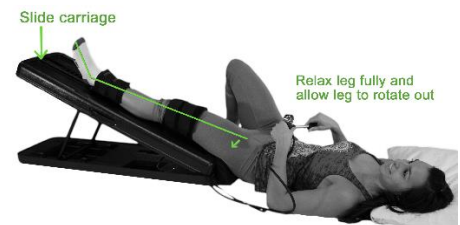
Step 3: Connect the strap along the back of the calf from the knee binding to the plastic D ring at the top of ankle binding.

Tip: The binding may slip slightly when traction is applied by HipTrac, but should remain securely attached. The bindings can be applied over bare skin or clothes depending on comfort.

**4) Set the flexion angle via the support legs, as shown below.**



**5) Place pad vertically between your sit bone and HipTrac. Pull the HipTrac into you as tightly as possible and connect the hook at the back of the ankle binding to the highest opening possible on the slide carriage.**



Regular use of the HipTrac provides the best opportunity for pain relief and increased mobility.

When you first use HipTrac, pain relief may only last few minutes or while you are on the HipTrac. As you progress, relief will begin to last longer and up to days after use so that you may be able to reduce use to 2-4 times per **week**, rather than 1-3 times per **day**.