

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 your body fully and pump up to 50 PSI and hold traction for 2 minutes.
4. After 2 minutes, release the pressure at least half way so that your leg feels the relaxation from the traction.
5. After relaxing for 5-10 seconds, pump back up to 50 PSI for 2 more minutes. Repeat these steps 6 times for 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 [MedRock/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.

HipTrac Pro Tips

1. Like any new exercise, product or device, **HipTrac users typically report that it takes an average of 3-4 uses to perfect** the technique of applying the cuffs and getting in and out of HipTrac. Please review the instructional videos on [MedRock/Go](#) for any questions or trouble shooting.



2. **The effects and benefits of HipTrac may take 3-4 uses to clearly identify.** Some individuals will notice an immediate change in pain levels and/or range of motion of their hip, however most individuals will report an accumulative effect. Think about it like taking antibiotics. When someone has an infection and is prescribed antibiotics, not too many people notice any change with 1 or 2 doses of antibiotics. It typically requires an accumulation over the course of a few doses, sometimes 3-4 days.



3. **Follow the Orientation Test** if you are not sure which parameters to begin with in terms of intensity, angles, frequency and duration. Beginning with a dose that is too light will have no ill effects and then you are able to gradually build up to the desired parameters.

4. **Begin with the Ankle Binding very tight**, right above the ankle bones (malleoli). You may feel a slight tingling sensation in foot due to compression around ankle. It is not unsafe to feel this; however, the goal is to learn how loose and comfortable the Ankle Binding can be so that there is no tingling and it does not slide off.



5. **The goal of the Orientation Test is to identify how sensitive your condition is** in response to HipTrac. Long axis hip traction provided by HipTrac is 100% safe, but that does not mean a person cannot “over-do it.” Although you may feel some irritation or tightness the first time or two that you use HipTrac, have peace of mind that you are safe. Another way to think about this is like flossing your teeth for the first time. If you have not flossed for a while, your gums may bleed, and your tissues are irritated, but if you continue to floss consistently, the tissues remodel, stop bleeding and are healthier than ever. HipTrac can respond in the same way. See Orientation Test on opposite side for what to do if this occurs.



6. Following the Orientation Test is always recommended, however, **as you gain more experience with HipTrac, each individual will identify which parameters their hip likes best** over time. After 4-6 weeks, you can begin to play with a variety of parameters and you will learn which set-up is best for pain relief after vigorous activity, for example, and which parameters are best if you are feeling stiff or limited. Sometimes, they are one in the same, but the great thing about HipTrac is that you are not limited to 1 or 2 set-ups.