

Adult Neurology

Reed C. Perron, MD John T. Nasr, MD
Hugo N. Lijtmaer, MD Amrit K. Grewal, MD
Daniel R. Van Engel, MD Olga Noskin, MD
Kenneth A. Levin, MD Yamini Naidu, MD
Kenneth A. Citak, MD Daniel Berlin, MD, MSc
James T. Shamma, MD Fumin Tong, MD, PhD
Susan P. Molinari, MD Elena Zislin, PA-C

Pediatric Neurology

Peter L. Heilbronner, MD, PhD
Jennifer A. Cope, MD
Alexis M. Dallara-Marsh, MD
Mitchell Steinschneider, MD, PhD
Heather Weiner, APN

Managing Partner

Hugo N. Lijtmaer, MD

Chief Operations Officer

David T. Contento, FACMPE

Neuro Rehabilitation Center

Kenneth A. Citak, MD
Medical Director

John Jensen, PT

Director of Rehabilitation

Home Cervical Traction

The home cervical traction device is used to treat cervical radiculopathy or a "pinched nerve in the neck".

The device can be purchased at a drugstore and can be assembled easily at home. It contains a harness which goes behind head and under the chin as well as a piece of string that hangs on a pulley that hangs on the door. At the other end of the string is a bag that has lines. These lines determine how much water provides how much weight.

You should start at 4 pounds and use it for half an hour. You should then increase the amount of weight by 1 pound each day to a maximum of about 8-10 pounds.

If the device caused any pain do not use it. Also, if a certain weight is uncomfortable then go down to a comfortable weight.

