

PRE-USE WARM-UP

Move slowly and remain within a comfortable range. Complete 10 repetitions of each movement:

- 1TURN
- Turn your head gently from side to side.
- 2NOD
- Tilt your head forward and backward.
- 3SIDE BEND
- Lean each ear toward the same-side shoulder.

PRODUCT INFORMATION

Keep this guide for future reference. Read all instructions before using the product.

CUSTOMER SUPPORT

Distributed by United Yoram Inc.
Brooklyn, NY 11236
drfranklyns.com
Instagram: @drfranklyns

DOCUMENT CONTROL

Brand: Dr. Franklyn's | Model: NP-1 | Revision: 1.1 | Issue date: September 2026

IMPORTANT SAFETY INFORMATION

Consult your physician before use, especially if you have a previous neck injury, spinal condition or recent surgery.

- Do not use after serious trauma without medical clearance.
- Do not use during pregnancy or with spinal implants unless approved by a doctor.
- Never inflate to the point of discomfort or pain.
- Stop immediately for dizziness, numbness, weakness or unusual symptoms.
- Do not reposition your body while the unit is inflated.
- During the first week, use lower inflation levels to reduce post-use soreness.

STOP USE IMMEDIATELY

Release all air if you feel pain, dizziness, tingling, numbness, nausea or shortness of breath.



HEALTH | SUPPORT | RECOVERY



MODEL NP-1

CERVICAL TRACTION
NECK PUMP EXERCISER

Adjustable neck support

READ INSTRUCTIONS COMPLETELY BEFORE USE

1. POSITION AND SECURE

1 PREPARE

Place the fully deflated unit on a firm, flat surface.

2 POSITION

Lie back and center your neck in the cradle with both shoulders resting on the pad.

3 SECURE

Pull both ends of the forehead strap evenly and fasten across the forehead. The strap should be snug, not tight, and should not lift the rear of the unit.

4 CHECK

Hold the unit down with your fingers. Gently adjust the strap only if additional stability is needed.

Keep your head, neck and torso aligned. Do not twist, sit up or change position while the device is inflated.

2. INFLATE AND EXERCISE

5 INFLATE SLOWLY

Use the hand pump to inflate gradually. Usually 1 to 7 pumps is sufficient. Stop before the stretch becomes painful.

6 CYCLE

Hold inflation for 10 seconds, then press the manual air-release valve. Repeat the inflation and deflation cycle 15 times.

7 FINAL HOLD

Inflate to a comfortable level and remain in position for up to 15 minutes. Begin with 5 to 7 minutes and increase gradually.

8 DEFLATE

When finished, fully deflate the unit before unfastening the forehead strap.

9 RISE SAFELY

Roll slowly onto your side while keeping your neck neutral, then sit up gradually.

10 COOL DOWN

Once upright, repeat the three neck warm-up movements gently.

RECOMMENDED USE

Use at least 3 times per week, or only as prescribed by your healthcare professional. Many users prefer use before bedtime.

CARE AND STORAGE

- Fully deflate before cleaning or storage.
- Wipe with a soft cloth lightly dampened with water and mild soap.
- Do not immerse, machine wash, sterilize or use harsh solvents.
- Air dry completely and store flat in a cool, dry place away from heat and sunlight.
- Keep tubing and the hand pump free from sharp bends or crushing.

TROUBLESHOOTING

UNIT DOES NOT INFLATE

Confirm the release valve is closed and all tubing connections are secure. Inspect for damage or air leaks.

PRESSURE FEELS TOO STRONG

Press the manual release valve immediately. Resume only at a lower, comfortable inflation level.

Do not use a damaged unit. Contact a healthcare professional if symptoms persist or worsen.