

Neck Comforter - FAQ

We understand that pain management and pain relief important to you and want to make sure we've always answered all of your questions. If you have any additional questions that have not been answered below, always feel free to contact us @ HPFY. We are here to help you get on the road to living a pain free life.

Q1. What is neck traction?

A1. Neck traction can stretch and relax the neck and shoulder muscles while improving the spinal posture. The stretching can decompress the spinal disc which may minimize bulging and ease the constriction on nerve and blood circulation. Neck traction can also take pressure off the painful and stiff joints to relieve pain and improve mobility.

Q2. Why is neck traction important?

A2. Neck traction can stretch and relax the neck and shoulder muscles while improving the spinal posture. The stretching can decompress the spinal disc which may minimize bulging and ease the constriction on nerve and blood circulation. Neck traction can also take pressure off the painful and stiff joints to relieve pain and improve mobility.

Q3. How does the neck comforter work?

A3. DR-HO'S[®] Neck Comforter[™] is an inflatable neck traction device. It inflates with air using a high efficiency hand pump. When it's partially inflated, it functions as a neck support. When fully inflated, it will elongate to support the weight of the head to allow the neck muscles to relax. Further inflation will stretch the neck

and shoulder muscles, while decompressing the spinal disc and joints. The pressure is adjustable so you can set the stretching to your comfort level.

Q4. How long should I be using it for?

A4. For best results, we recommend that you use DR-HO'S[®] Neck Comforter[™] about 2-3 times a day for at least 20 minutes each time. However, if you would prefer to use it for a longer period of time, it's safe to do so. (The majority of people will obtain results within 1-3 treatments. Those with slightly more pain and tension might have to leave it on for longer than the recommended 20 minutes.) What side of my body should the hand pump be on? The hand pump and air hose should be on the left side of your body.

Q5. I have a larger neck; does the neck comforter come in different sizes?

A5. DR-HO'S[®] Neck Comforter[™] has an adjustable Velcro[®] strap which you can adjust to fit your neck size.

Q6. What feeling should I be experiencing when using the neck comforter?

A6. You should feel a gentle stretching of your neck and also the feeling of your shoulders being pushed downwards. Your head will also be totally supported by DR-HO'S[®] Neck Comforter[™] and should feel as if it is "floating" above your neck and shoulders.

Q7. When will I start to feel a difference?

A7. You will feel the stretching effects right away on your neck and upper shoulder muscles. When you take DR-HO'S[®] Neck Comforter[™] off after 20 minutes, you will feel much more relaxed. With repeated use, you can get a sense of freedom due to an increased range of motion. Many users also experience immediate relief with soreness, numbness and cold sensation in their arm and hand area.

Q8. Will the neck comforter squeeze my neck?

A8. No, absolutely not. The unique triple layer system feature included in the Neck Comforter™ expands lengthwise; it only provides a vertical stretching action for your neck.

Q9. Can I use Dr-Ho's neck comforter while lying down?

A9. Yes, you may definitely do so. However, it is more effective if you are sitting in an upright relaxed position. We recommend that you do not sleep with the Neck Comforter on fully inflated.

Q10. Can I do other tasks while wearing the neck comforter?

A10. Yes, you may do light easy tasks such as working on the computer, washing dishes or even cooking. However, be sure not to do any heavy lifting while wearing DR-HO'S® Neck Comforter™ as the weight of what you are lifting will render the treatment ineffective.

Q11. I have arthritis in my neck and shoulders, is it ok to use the neck comforter?

A11. DR-HO'S® Neck Comforter™ will help to take pressure off stiff and painful joints to provide instant comfort and improve neck mobility. People with severe Rheumatoid arthritis should consult with their doctor before using the Neck Comforter™.

Q12. How will the neck comforter help me with carpal tunnel syndrome or general pain in my arms/hands?

A12. By stretching your neck and shoulders, DR-HO'S® Neck Comforter™ may reduce restriction on blood and nerve circulation from your neck to your arms.

This can provide relief of soreness, numbness and weakness associated with pinched nerves in the neck.

Q13. How will the neck comforter help me with my posture?

A13. DR-HO'S[®] Neck Comforter[™] will lift the head up and remind you to straighten up. It will help you become more aware of your posture especially when you are sitting down. With regular use, over time, it will also help to train your spine to become straighter.

Q14. How does the neck comforter help with herniated/bulging discs and circulation?

A14. Depending on the stage of disc degeneration, some cases can be helped while the more severe herniated disc may require surgical intervention. Please consult with your doctor for proper diagnosis and treatment. Neck traction helps by decompressing the spinal disc, negating the pressure from the weight of the head and also from the pulling effects of tight muscles. The decompression may help to reduce the bulge and ease irritation and constriction on nerve and blood vessels sitting close to the spinal disc.

Q15. How will the neck comforter help me with headaches?

A15. Headaches can result from tension and pain in the neck and shoulders. Stretching and relaxing the neck and shoulder muscles can help to ease radiating pain from the neck to your head. Also, tight neck muscles can irritate nerves at the upper back side of the neck which cause headaches. Neck traction can relax the muscles at the back of the neck to reduce the irritation on the nerves that are causing the headaches.