

USER MANUAL

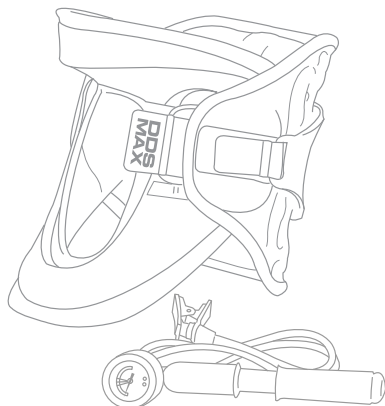
DDS MAX



Ambulatory Spinal-Air Decompression Collar

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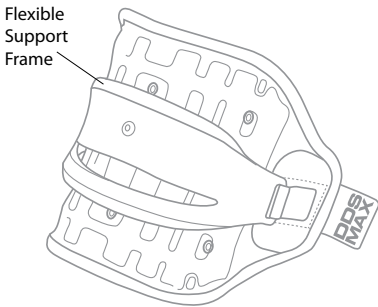
Thank you for choosing DDS
and welcome to an enjoyable life,
free from neck pain.

www.DDSbelt.com

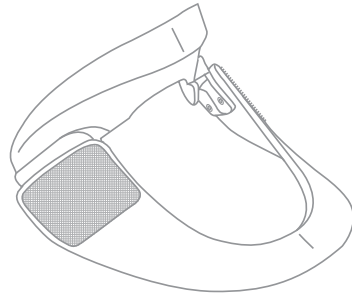
What's Inside the Box

- **Cervical Traction Collar:** Velcro Enclosures, Flexible Support Frame, Support Panel Velcro Enclosures, Extension Hose, Air Valve
- **Fixed Chin Collar:** Chin Cushion, Collarbone Cushion
- **Hand Air Pump**
- **Instruction Manual**

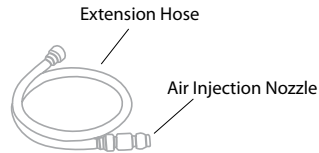
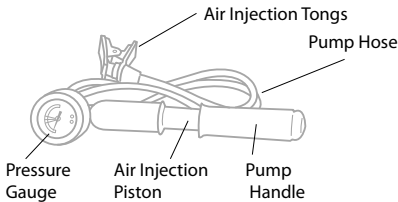
Cervical Traction Collar



Fixed Chin Collar



Hand Air Pump



User Manual



Important: Read all the instructions and precautions before using the DDS MAX.

What it is & How it Works

The DDS MAX is a lightweight and easy to use ambulatory traction collar.

It helps to reduce pressure within the cervical spine using a revolutionary longitudinal expansion system. The expandable Cervical Traction Collar (rear section), along with the Fixed Chin Collar (front section), reduces disc pressure within the cervical spine effectively eliminating pain.

Before Treatment

The herniated or bulging cervical disc, or herniated nucleus pulposus, applies pressure on the nerve root, ultimately causing pain.

After Treatment

The DDS MAX alleviates pain and assists active-rehabilitation by allowing the cervical disc, or nucleus pulposus, back to its natural position. By increasing the intervertebral space, pressure applied on the nerve root is relieved, naturally reducing pain.



Important: Read all the instructions and precautions before using the DDS MAX.

Features of the DDS MAX

- 1 **The DDS MAX** can assist with the following indications:
 - Whiplash injuries (injuries which do not involve breakage or dislocation of the bones)
 - Job-related neck pain, i.e., prolonged computer use, sewing, etc.
 - Sports injuries (without breakage or dislocation)
 - Joint changes
 - Degenerative Changes (arthritis)
 - Joint Pain/Symptomatic Facet Joint
 - Muscle Spasm and Guarding
 - Postcompression Fracture
 - Nerve impingement (Subacute-chronic phase)
 - Herniated disc
 - Narrowing Foramen
 - Spondylolisthesis
 - Spondylolysis
 - Compressions or Radiculopathies
- 2 Treats bulging and/or herniated discs eliminating neck pain. Bulging and herniated discs are reduced by elongating the intervertebral spaces in the cervical spine.
- 3 Relaxes muscle spasms, muscle cramps, strain and pain.
- 4 Helps treat degenerative disc disease, spinal stenosis, sciatica and spondylolysis.
- 5 Helps maintain proper posture.
- 6 Assists individuals with strenuous jobs.
- 7 Is very lightweight and comfortable.
- 8 Is made of highly durable material.
- 9 Simple to use.

Contraindications

Patients with any of the following health conditions should notify their physicians before administering DDS:

- high blood pressure
- cardiovascular diseases: uncontrolled hypertension, aortic aneurysm, congestive heart failure
- severe cervical spine instability
- severe osteoporosis
- cerebrovascular diseases
- post spine operation prior to the third month
- cervical tumor
- TMJ concerns

Precautions

- 1 DDS MAX should be used under the supervision of a licensed Health Care Provider.
- 2 Inflate with extreme caution. Do not inflate at a rate faster than one pump in each direction every 5 seconds.
- 3 Start at a slow pace - inflate only to 5 PSI on the first day, 10 PSI on the second day, 15 PSI on the third day. Immediately release air to reach a comfortable PSI level if experiencing any discomfort.
- 4 Recommended usage is 15 PSI or less depending on your comfort. Do not exceed 25 PSI.
- 5 Extra caution and care must be taken with patients with TMJ concerns.
- 6 Do not lay down with the device inflated.
- 7 Do not turn your neck either left or right while wearing the device.
- 8 Consult a physician if the pain increases.
- 9 Handle with care; dropping the Hand Air Pump can result in malfunction.
- 10 Shut the Air Valve tightly before machine wash. Water must not enter the Device. For more information regarding washing DDS proceed to page 10.

Warning: Failure to follow contraindications and precautions may lead to serious injury and damage to the product.

How to Wear

- 1 Deflate the Cervical Traction Collar completely by turning the Air Valve counterclockwise. Upon complete deflation, turn the Air Valve clockwise until the Valve is fully locked.



- 2 Connect the Traction Collar to the Fixed Chin Collar in order to prepare positioning on your neckline.



Important: Remembering which numbered line the Primary Velcro Strap adheres to on the Fixed Chin Collar allows for an easy and consistent application every single time. The device should be close-fitting, secure and comfortable.

- 3 Position the Fixed Chin Collar so that the chin fits comfortably in the chin groove. Make sure the device is attached evenly around your neck.



Warning: Keep body in upright position when applying the DDS MAX (sitting or standing). DO NOT lay down.

- 4 Connect Hand Air Pump to the Air Valve precisely attaching the Air Injection Tongs with the Air Valve.



- 5 Proceed to slowly use the Hand Air Pump to inflate the belt. Inflate the bladder at a rate that is no faster than 1 stroke in each direction every 5 seconds.

Start with a low pressure (5 PSI) on the first day and gradually increase to 10 PSI on the second day and then to 15 PSI on the third day. Recommended usage is 15 PSI or less depending on your comfort.



Warning: Do not inflate to 15 psi upon first application. Never exceed 25 psi.

- 6 Wear for 15-30 minutes. You can adjust the air pressure at anytime to your comfort level by momentarily pressing the Air Valve to release air.

Release pressure to reach a comfortable PSI level if experiencing any discomfort.



Removing DDS: You MUST release the air completely out of the device before removal. You can do so by unscrewing the Air Valve.

Recommendations for Effective Use

- 1 Inflate the bladder slowly and not to excess, starting with a low pressure on the first day and gradually increasing the PSI each day until a comfortable PSI level is reached. If experiencing any discomfort release pressure immediately.
- 2 Inflate the bladder at a slow rate that is no faster than one stroke in each direction every five seconds.
- 3 Recommended usage is 15 PSI or less depending on your comfort.
- 4 Recommended treatment time is 15-30 minutes daily, 2-3 times a day.
- 5 Remaining at rest while wearing the DDS MAX will increase the effectiveness of treatment.
- 6 Prior to removing the DDS MAX you MUST first release the air by turning the air valve counter-clockwise.
- 7 You may release air anytime while wearing the DDS MAX to increase comfort by pressing down briefly on the air valve stem.
- 8 The DDS MAX may be worn directly on your skin. If allergies persist, consult a physician.
- 9 Apply a hot pack before using DDS MAX to promote muscle relaxation and to soften disc and soft tissue.
- 10 Adjust according to your body type. You may obtain greater traction by adjusting the collar higher or lower on your cervical spine.
- 11 If further pain persists, seek consultation from your physician.

How to Wash

To wash the Cervical Traction Collar:

- 1 Inflate the Cervical Traction Collar to approximately 5 PSI. Make sure that the Air Valve is tightly shut; water must not enter the Traction Collar.
- 2 Soak the Cervical Traction Collar in water with neutral detergent and use a soft sponge to wash the Traction Collar.
- 3 Air-dry in the shade.

To wash the Fixed Chin Collar:

- 1 Detach the chin and collarbone cushions from the Fixed Chin Collar.
- 2 Soak the cushions along with the Fixed Chin Collar in water and use a soft sponge with mild detergent to wash.
- 3 Air-dry in the shade.

Important: Do NOT machine wash any portion of the DDS MAX.

Warranty

Limited 1 Year Warranty

DDS, Inc. will repair or replace the unit free of charge for a 1 year period from the date of purchase. The warranty is covered only if the device is defective in workmanship or materials.

To obtain service under this warranty, please mail the warranty card at the time of purchase. You may then return the defective product to the service center on the warranty card, together with your purchase receipt and \$5.00 postage and handling. In the absence of a purchase receipt, an invoice must be produced from the seller. This warranty does not apply for any misuse and/or deliberate mishandling of our products.

Any implied warranty, obligations or liabilities, including but not limited to the implied warranty of merchantability fitness for a particular purpose, shall be limited in duration to the 1 year duration of this written, limited warranty.

Some states do not allow limitations on how long an implied warranty lasts, so the limitations may not apply to you.

In no event shall DDS be liable for any special, incidental or consequential damages for breach of any other warranty, express or implied whatsoever.

Some states do not allow the exclusion and the limitation may not apply to you.

This warranty gives you specific legal rights. These rights may vary according to your state laws.



Registration / Warranty Card

FIRST NAME: _____ MI: _____ LAST: _____

ADDRESS 1: _____

ADDRESS 2: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (DAY): _____ (EVENING) _____

PRODUCT INFORMATION

DATE OF PURCHASE: _____

DDS MODEL: **DDS MAX**

HOW DID YOU BECOME AWARE OF DDS?

Mail To Service Center:

DDS, INC.

100 Commerce Way, Suite 5
Hackensack, NJ 07601 U.S.A.