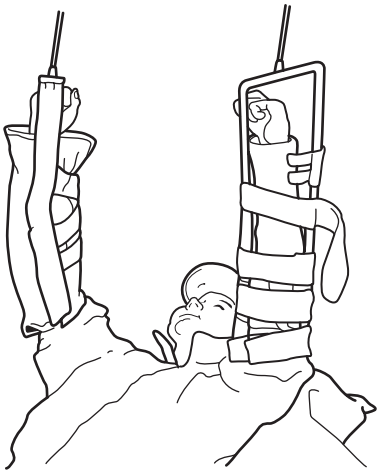
Buck's-Traction Positioning

Buck's-traction will help keep your arm(s) in a special position while you are resting in a chair or lying in bed. It also helps you keep your range of motion and increases your ability to move more easily.



Using Buck's Traction

Your doctor or therapist will tell you when you should use buck's-traction.

Use buck's-traction _____ times a day for _____ minutes.

Your parents or therapist can help you set up buck's-traction by using the following instructions.

- Using a kit, attach the pulley over a door.
- Position a chair underneath the pulley.
- Thread a rope from the back of the device, across the pulley and down, making sure you have enough rope. The length depends on whether you will be sitting down or lying in bed.
- Secure the buck's sleeve to the front end of the rope and make a loop on the back side so that you can attach a weight.
- Hook a traction weight to the back loop of the rope, making sure that you start with about a one-pound to two-pound weight. You can progress to heavier weights over time, but *do not* attempt to do this without your therapist's help and instructions.

Precautions

Guard against

- using too much weight, which results in pulling the arm past 90 degrees of flexion or abduction; and
- allowing your arm to become numb. If this happens, remove the weight and reposition the arm.

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