



unfold Neckpro



Hang door bracket on door



Sit in chair and adjust harness position to head.



Apply harness to chin/head



Apply tension to cord



Pull straps forward to attach to chin velcro patches



Once taut 1 click per pound of pressure for therapy



To remove harness grasp straps and release chin velcro patch



Pull straps backwards



Then lift straps up and over head



Pull straps forward over head to remove



Release tab to adjust cord for next use