Claims

1. A neck traction device comprising a body portion and having a first pair of opposing edges and a second pair of opposing edges, wherein:
a first edge of the first pair of opposing edges is provided with a first recess;
a second edge of the first pair of opposing edges is provided with a second recess; and
the body portion comprises biasing means, wherein the biasing means comprises at least two layers of resilient material combined to create an integral structure that, when deformed from a resting state to bring at the first pair of opposing edges closer to one another, resists deformation to force those edges apart and attempts to return them to the device's resting state, wherein the at least two layers of resilient material have different levels of resilience and wherein the recesses are sized and shaped to receive a user's neck.

2. A neck traction device according to claim 1, wherein the device is provided with a further recess along each edge of the second pair of opposing edges.

3. A neck traction device according to claim 1 or claim 2, wherein the device comprises a material selected from a group comprising: foam material; sponge material; rubber; and plastics material.

4. A neck traction device according to any preceding claim, wherein the device further comprises at least one location adapted to accept at least one body to increase the biasing to deformation of the device.

5. A neck traction device according to claim 4, wherein the at least one location adapted to accept at least one body is a pocket.

6. A neck traction device according to any preceding claim, wherein once the device is in a deformed state, it can be locked in that state.

7. A neck traction system comprising a device according to claim 4 or claim 5 and a part for adjusting the resilience of the device.

8. A neck traction system according to claim 7, wherein the part is an insert comprising plastics material or metal.

9. A neck traction system according to claim 8, wherein the part is a tension spring.

10. A method of applying a force to a user's head comprising the steps of:

providing a resilient foam device comprising a body portion and having at least one integral contoured head contact recess at the periphery of one side of the body portion and a neck contact recess at the periphery of an opposing side of the body portion;

deforming the device from a resting state to bring at two opposed edges closer to one another such that resistance to the deformation provides a force attempting to return them to the device to its resting state;

applying the device to a user such that the head contacting recess engages the base of the user's head and the neck contact recess engages the user's neck close to the shoulders; and

releasing the device such that the resistance to deformation applies a pressure to the user's head and neck.

Claims

1. A neck traction device comprising at least one head contact member and biasing means connected to the at least one head contact member, wherein the biasing means comprises a resilient material that, when in use, provides a traction force on the user's neck via the at least one head contact member, and is contoured to accommodate at least part of a user's head region.

2. A neck traction device according to claim 1, wherein the device has an integral structure and deformation of the device in order to position it on a user creates the traction force.

3. A neck traction device according to claim 2, wherein the device comprises a material selected from a group comprising: foam material; sponge material; rubber; and plastics material.

4. A neck traction device according to any one of claims 1 to 3, wherein the device comprises at least two layers of material combined to create an integral structure and wherein those layers of material have different levels of resilience.

5. A neck traction device according to any preceding claim, wherein the device further comprises a body portion and the biasing means are connected to the body portion.

6. A neck traction device according to claim 5, wherein the biasing means comprise a spring.

7. A neck traction device according to claim 5, wherein the biasing means comprise at least one insert that can be inserted into a pocket on the body portion.

8. A neck traction device according to claim 6 or claim 7, wherein the amount of bias is adjustable by the removal or addition of further biasing means.

9. A neck traction device according to any preceding claim, wherein the device further comprises shoulder contacting members to contact a user's shoulders, when in use.

10. A neck traction device according to any preceding claim, wherein an elongate member is provided that extends at least part of the way along the user's thoracic vertebrae, when in use.

11. A neck traction device according to any preceding claim, wherein once the device is in a deformed state, it can be locked in that state.

12. A neck traction device resilient body for inserting into a filled support, the body being contoured so that when the resilient body is in place, the body and support operate as a neck traction device.

13. A neck traction device substantially as described herein with reference to and/or as illustrated in any appropriate combination of accompanying text and/or drawings.