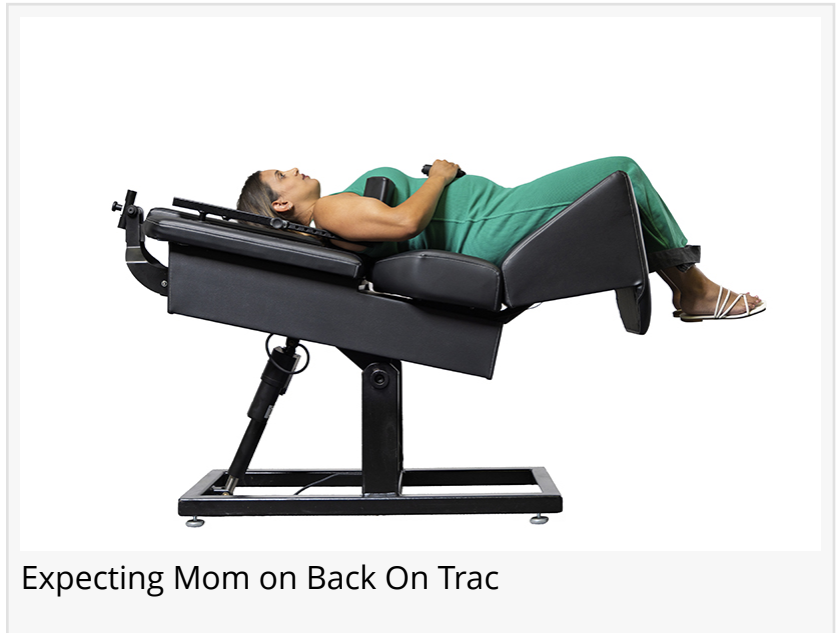


FDA-Cleared Back On Trac Offers Clinics a Prenatal-Friendly Spinal Traction Option

Made in Conroe, Texas, Back On Trac helps chiropractors, physical therapists and wellness providers add seated traction for prenatal back discomfort.

CONROE, TX, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- [Ergo-Flex Technologies](#), LLC, the U.S.-based manufacturer of [Back On Trac](#), is highlighting a growing opportunity for chiropractors, osteopathic physicians, physical therapists, massage therapy practices, naturopathic providers and wellness clinics: offering a comfortable, seated spinal traction option for expecting mothers experiencing pregnancy-related back discomfort.



Expecting Mom on Back On Trac

Back On Trac is an [FDA 510\(k\)-cleared](#) spinal traction and decompression system designed for use in professional healthcare settings. The device was created to help providers deliver controlled, hands-free traction therapy in a way that is simple for staff to learn, easy for patients to understand and practical for modern clinic workflows.

“

Back On Trac gives clinics a seated, prenatal-friendly traction option that is simple to explain, easy to implement and comfortable for expecting moms to understand.”

Josey Anderson, Ergo-Flex Technologies

For prenatal care, positioning matters. Many traditional traction and decompression systems require patients to lie flat, use restrictive belts or assume positions that may not be comfortable or appropriate for expecting mothers. Back On Trac is different. The patient begins in a seated position and is gently reclined, allowing the provider to deliver

spinal traction without prone positioning or direct pressure on the abdomen.

“Pregnancy back pain is one of the most common reasons expecting moms look for conservative support, but many clinics still do not have a simple way to explain or deliver traction-based care


for this population,” said Linda Anderson, CO-Founder of Ergo-Flex Technologies. “Back On Trac gives providers a patient-friendly experience that is easy for staff to learn, easy for patients to understand and well suited for referral relationships with local doulas and midwives.”

Manufactured in the USA in Conroe, Texas, Back On Trac was designed for clinics that want to add a practical spinal decompression service without adding unnecessary complexity. The system offers automated axial and bilateral distraction, multiple treatment protocols, a small clinical footprint, vibration therapy, heat options and simple patient setup. For many facilities, staff can be trained on the basic workflow in about 30 minutes.


The company believes Back On Trac can help clinics create a unique bridge between traditional musculoskeletal care and the growing prenatal wellness community. Doulas, midwives and prenatal wellness professionals are often trusted guides for expecting mothers looking for conservative, non-surgical options to support comfort during pregnancy. By adding Back On Trac, clinics may be able to provide a referral-friendly solution that is easy to explain: seated, comfortable, provider-supervised spinal traction without prone positioning.

Back On Trac may also be incorporated into existing care plans for patients dealing with chronic low back discomfort, sciatica or radiating leg discomfort, herniated or bulging discs, degenerative disc discomfort, neck discomfort, facet syndrome and joint pain. The device is intended for use by licensed healthcare professionals, and treatment decisions should always be made based on the individual patient’s health history, pregnancy status and appropriate clinical guidelines.

For clinic owners, Back On Trac is more than equipment. Ergo-Flex Technologies provides implementation resources, patient education support, prebuilt care-plan ideas, marketing tools and training materials to help practices introduce the service professionally and responsibly. The company also offers resources to help clinics communicate with local referral partners, including



Back on Trac Logo



For Chiropractors • Physical Therapists • Wellness Clinics

BACK ON TRAC

Help Expecting Moms Find Back Pain Relief

SAFE FOR PREGNANT WOMEN

Back on Trac is one of the only spinal traction devices safe for expecting moms.

Partner with local doulas & midwives to become a trusted referral option.

Seated, comfortable decompression

No prone positioning

Grow prenatal referral partnerships

FDA-CLEARED

MADE IN THE USA

Offer a unique prenatal care solution. www.backontrac.com

Help Expecting Mom on Back On Trac

doulas, midwives and other prenatal care professionals.

“Back On Trac gives clinics a simple way to add a differentiated spinal traction service,” added Mary a local Doula. “It complements chiropractic adjustments, physical therapy, massage therapy, rehabilitation and wellness care plans while giving providers a clear conversation starter with expecting moms and the birth professionals who support them.”

Clinics interested in learning whether Back On Trac is a good fit for their practice can visit www.backontrac.com to request information or book a short introductory call.

About Back On Trac

Back On Trac is an FDA 510(k)-cleared spinal traction device that works by decompression the spin it is manufactured by Ergo-Flex Technologies, LLC in Conroe, Texas. Designed for professional healthcare settings, Back On Trac delivers hands-free, seated spinal traction in a patient-friendly format that helps clinics offer a comfortable, non-surgical approach to spinal decompression.

About Ergo-Flex Technologies

Ergo-Flex Technologies develops and manufactures professional therapy equipment for clinics, wellness centers and healthcare providers. The company's product line is designed to help providers deliver practical, patient-friendly care with technology that is simple to implement, easy to explain and built for clinical workflows.

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