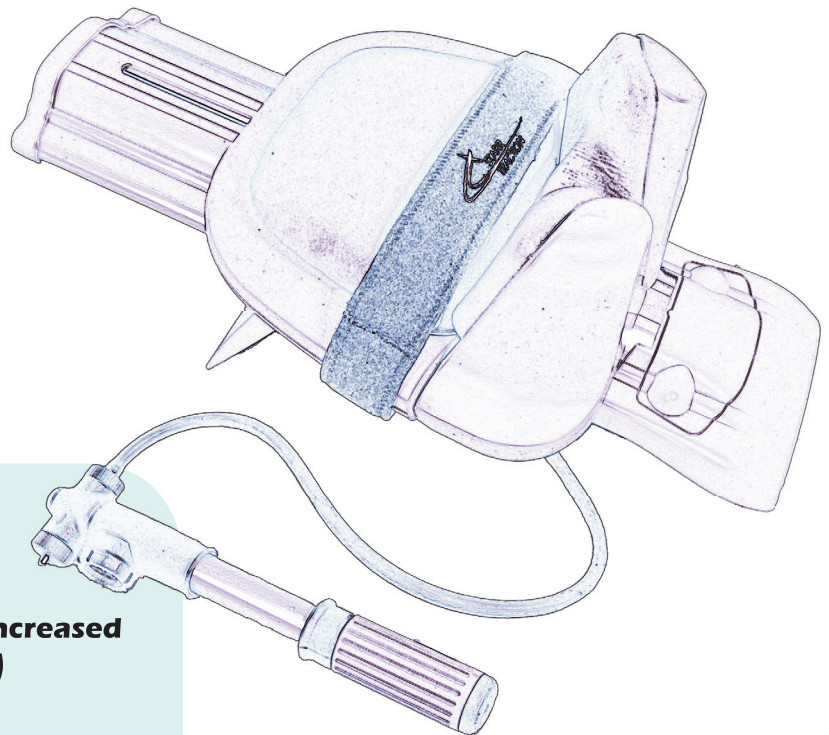




### **Herniated Cervical Disc**

**A herniated cervical disc often leads to radiculopathy and cervical pain. Cervical traction alleviates pressure on the diseased discs to promote decreased pressure on peripheral nerve roots and enhance nutrient delivery to the disc. Be sure that the cervical spine has been cleared for any of the contraindications mentioned within the General Guidelines section. Traction may also be more beneficial when used with other modalities such as cold, heat, ultrasound, etc.**



### **Suggested Settings**

#### **General**

**Tension: 10 – 30 pounds (may be increased up to 7-10% of patient body weight)**

**Tension type: Sustained tension**

**Treatment Time: 10-15 minutes**

#### **Variations**

**Upper cervical region = 10 degrees flexion  
(slide stand in upper most position)**

**Middle cervical region = 15 degrees flexion  
(slide stand in middle position)**

**Lower cervical region = 20 degrees flexion  
(slide stand in lower most position)**

**Intermittent tension setting: 2:1 up to 4:1  
ratio of tension to rest (e.g. 2-4 minutes on,  
1 minute rest)**

**Sessions per day: 1-3**