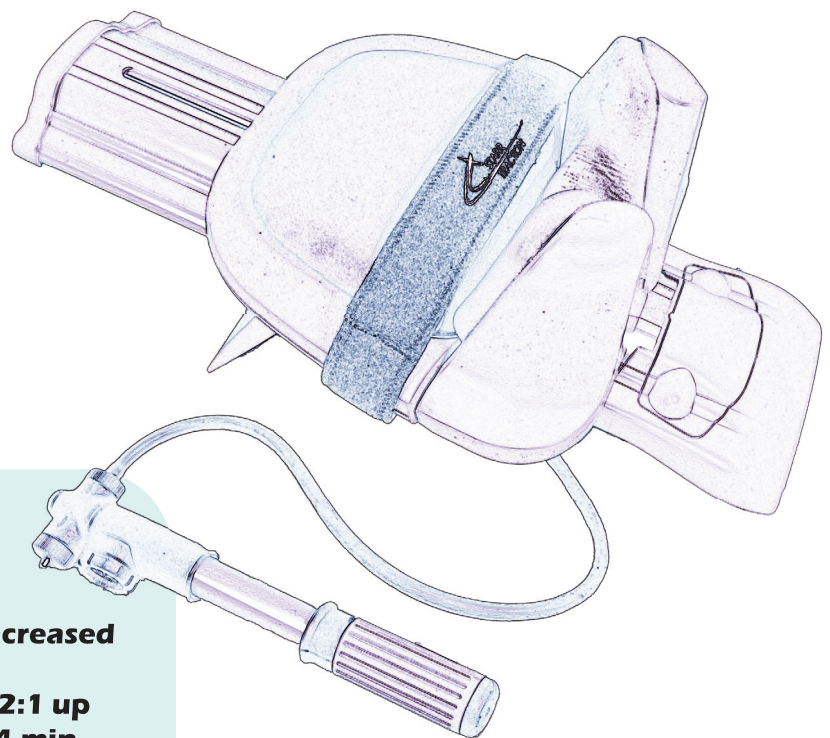


**Joint Hypomobility - Cervical Spine**

Cervical traction increases joint mobility of the cervical spine for patients with hypomobility of the cervical spine. 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: Intermittent tension; 2:1 up to 4:1 ratio of tension to rest (e.g. 2-4 minutes on, 1 minute rest)

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)

Sustained tension setting: Apply sustained tension to cervical spine with periodic rests during the 10-15 minute treatment time

Sessions per day: 1-3