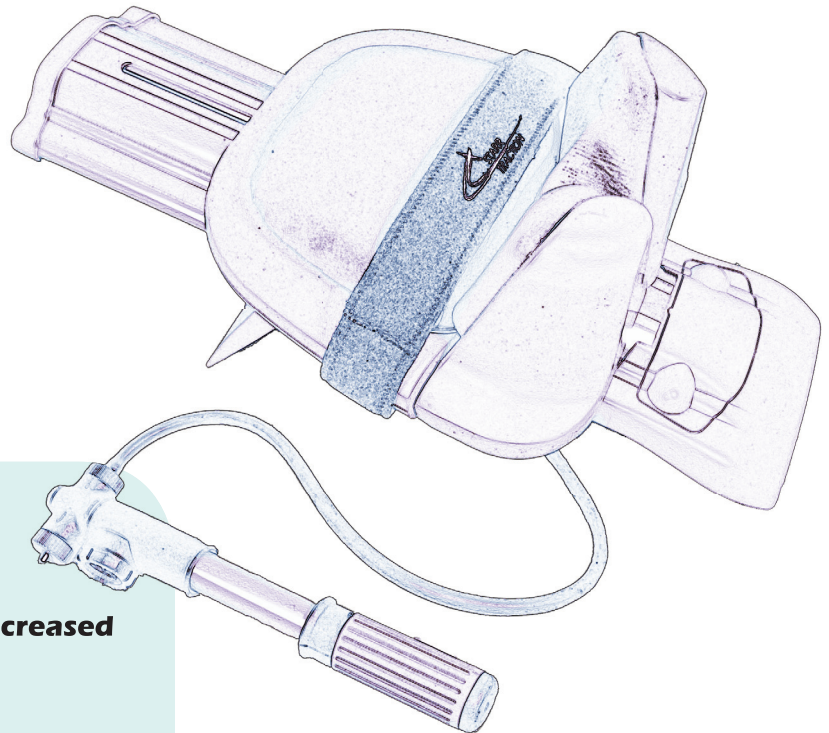


Whiplash

Cervical traction may be an effective for Whiplash as long as 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