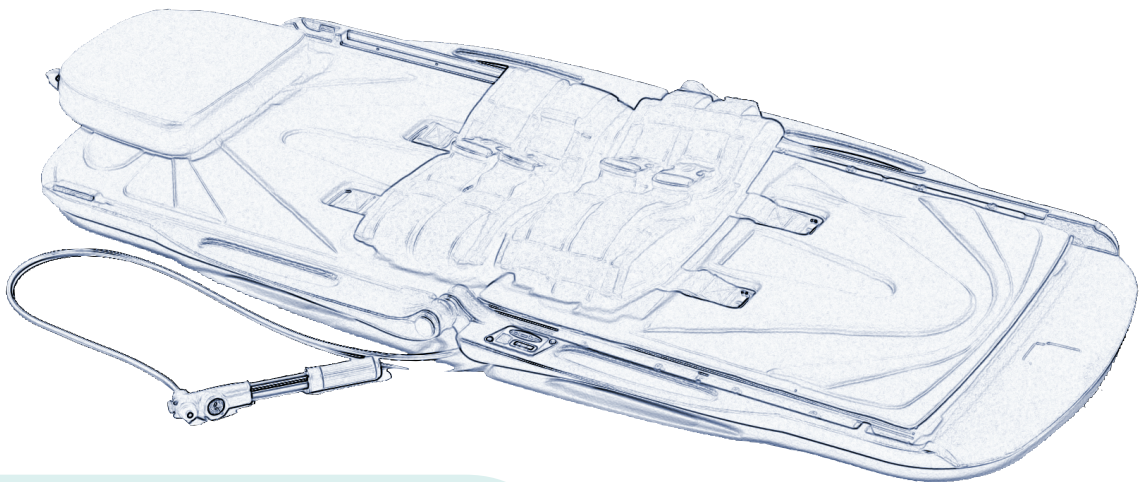




### **Facet Joint Dysfunction**

**Lumbar traction may be effective to increase the mobility of the lumbar facet joints as long as the lumbar 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: 40 – 70 pounds (may be increased up to 40%-50% of body weight)**

**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**

**Position: Supine**

#### **Variations**

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

**Position: Prone (patient must have someone to assist them when getting into and out of the traction device)**

**Sessions per day: 1-3**