



### General Guidelines

**Lumbar traction has been shown to be effective to decrease symptoms with many different diagnoses. However, there are several instances where lumbar traction is not appropriate and/or contraindicated. Generally, treatments should be discontinued if symptoms increase OR if pain or parasthesia is experienced after traction treatment.**

#### **Contraindications**

**To insure safe application, lumbar traction should not be used within the following conditions:**

- **Unstable spine**
- **Vertebral fractures**
- **Extruded disc fragmentation**
- **Ruptured lumbar disc**
- **Spinal cord compression**
- **Acute strain or sprain**
- **Joint hypermobility**
- **Osteoporosis**
- **Malignancy**
- **Pregnancy**
- **Infection**

#### **Setup**

- 1. Determine the patient's body weight. Target tension should be up to 40% - 50% of body weight.**
- 2. Patient should be wearing loose, comfortable clothing. Avoid wearing clothing that is smooth or slick such as workout sweats. (It may be necessary to change clothing or remove belts and other accessories before beginning traction.)**
- 3. Instruct the patient to lay supine or prone on the lumbar traction device. The area of the lumbar spine that is to be treated needs to be placed between the 2 belts of the device. It may be necessary to slide the patient up or down on the device to position them correctly.**
- 4. Secure the belts around the lower abdomen and pelvic girdle of the patient. Make sure that the belts are tight to prevent from slipping.**
- 5. Once the patient is in place, use the hand pump to increase pressure to appropriate level. (Please refer to the protocols within this section for guidelines on the tension amount and the treatment time for specific diagnoses.)**