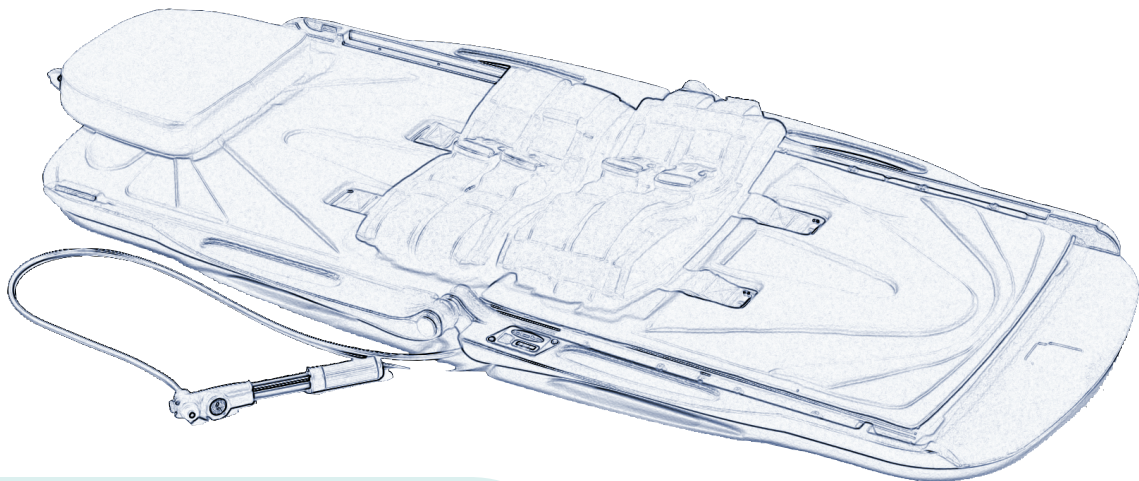




### **Herniated Disc**

**A herniated lumbar disc often leads to radiculopathy and lumbar pain. In many instances, it mimics symptoms of sciatica down the lower extremities. Lumbar 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 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)**

**Tension type: Sustained tension**

**Treatment Time: 10-15 minutes**

**Position: Supine**

#### **Variations**

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

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

**Sessions per day: 1-3**