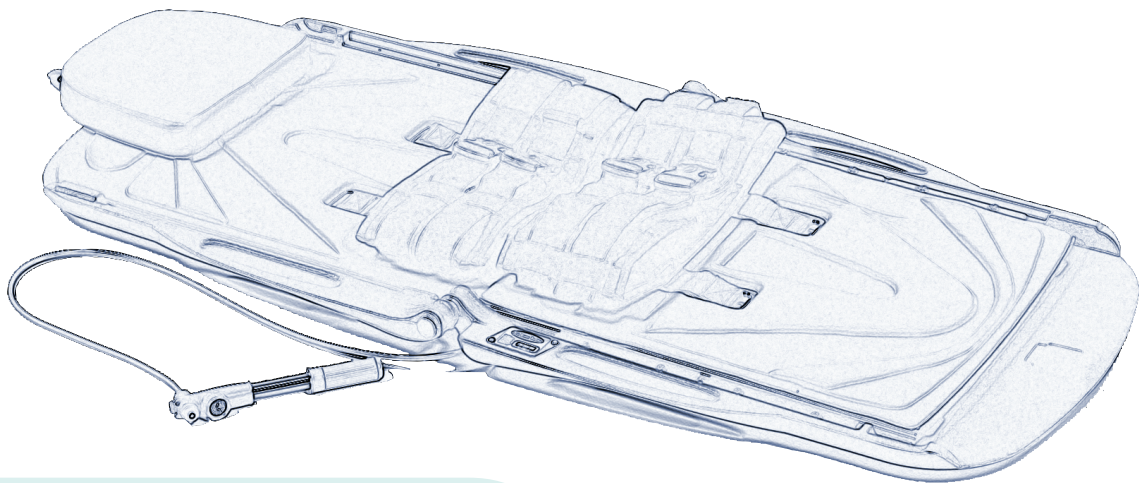




Joint Hypomobility - Lumbar Spine

Lumbar traction increases joint mobility of the spine for patients with hypomobility of the lumbar spine. 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)

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