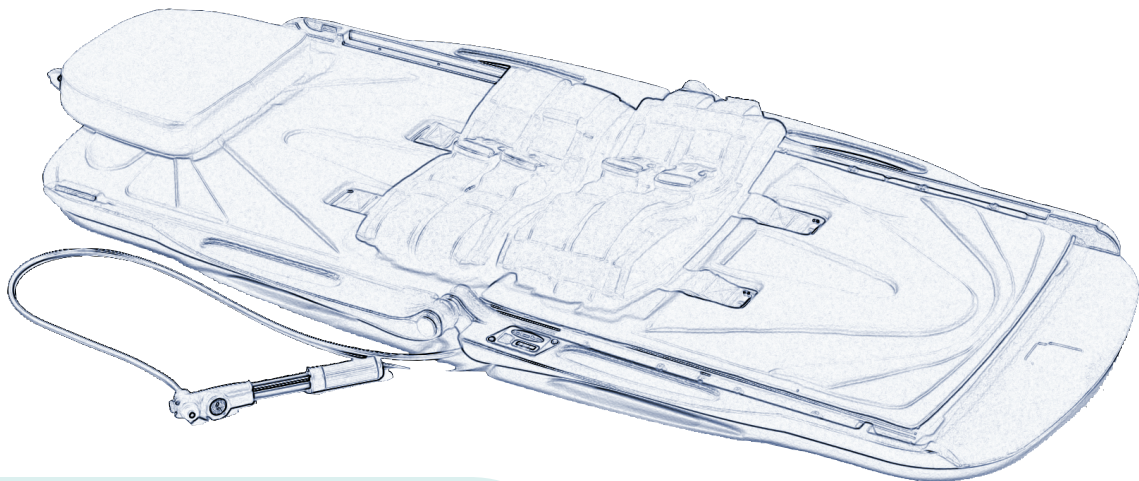




Osteoarthritis - Lumbar Spine

Lumbar traction may benefit patients with osteoarthritis by promoting increased movement of the lumbar spine and decreased pressure on the facet joints. 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