

## Traction

Traction is a treatment method used to help alleviate neck and lower back pain symptoms while increasing the mobility of the spine. Traction in theory is applied to help separate the discs and the joints in the neck and the lower back. This process helps to decrease the pressure on the nerves that are located within the spine.

To provide traction to the lumbar region, the patient needs to be strapped into a mechanical machine. The vest supports the rib area and there is a device that wraps around the pelvis area. Next, these two separate devices are stabilized with straps and then a machine applies the amount of mechanical force that is required.

Where cervical traction is concerned, the treatment can be applied to the patient in a lying down or a sitting position. When in a supine or lying position, a special device is needed to perform the traction. In this situation, the patient is asked to lie on their back and strap their forehead into the device. The traction force to the neck area is provided by a pneumatic pump. If the sitting position is chosen, the patient's head is placed in harness. This harness is attached to a small weight and a pulley system. Here the weight provides the traction force as the patient comfortably sits in chair.