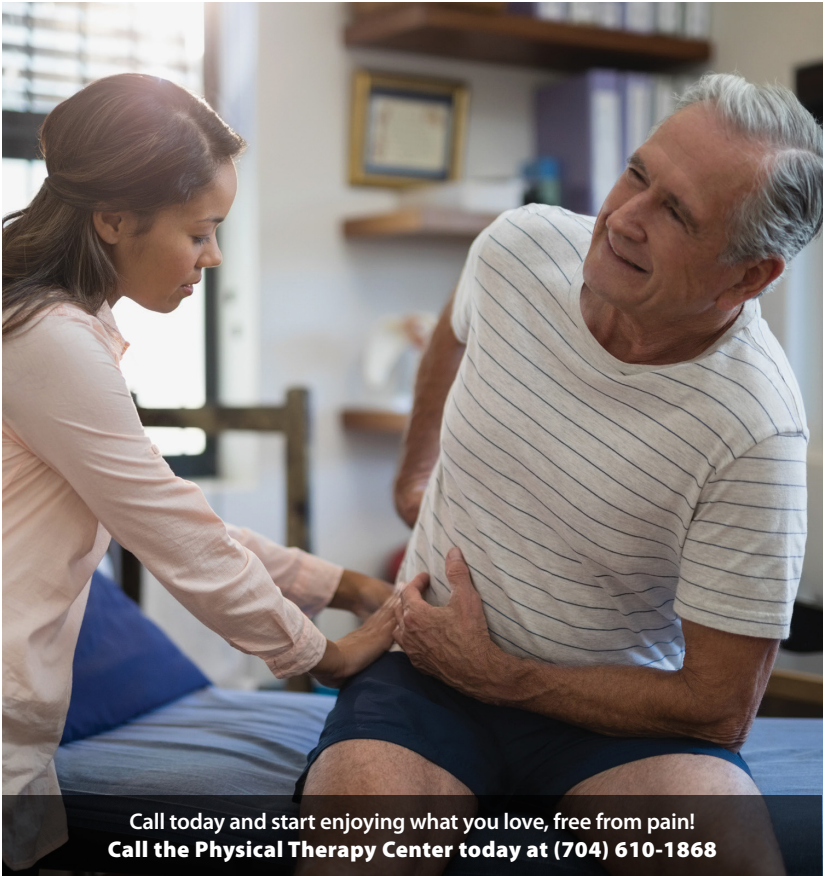




# RELIEVING BACK PAIN WITH TRACTION

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[PHYSICALTHERAPYCENTER.ORG](http://PHYSICALTHERAPYCENTER.ORG)



Call today and start enjoying what you love, free from pain!  
Call the Physical Therapy Center today at (704) 610-1868

# Relieving Back Pain With Traction

Do you feel pressure in your lower back that just doesn't seem to go away? Have you ever found relief from hanging your legs off the edge of your bed or couch? At the Physical Therapy Center, our physical therapists are experts and identify the most effective solution to your pain and help you find the relief you are looking for! Traction may help you find some much-needed relief and get back to comfortably living your daily life.

If your back hurts, lying in bed or taking a rest on the couch can prolong or even worsen your symptoms. Lower back pain (LBP) is the most commonly reported pain and is a significant cause of medical expenses, work absenteeism, and disability.

*Low back pain affects as many as 80% of the adult population at some point in their lives.* The lumbar disk is considered the most common cause of lower back pain. It is unclear what the exact mechanism of pain is, but changes to the disc are common and likely responsible for the symptoms we experience.

Low back pain impacts our ability to sleep, work, or exercise. Fortunately, several conservative treatment options for lower back pain include medications, bracing, and lumbar traction. At the Physical Therapy Center, our therapist can help determine if lumbar traction is right for you.

**For more information on how traction could benefit you, contact the Physical Therapy Center today!**



## How Physical Therapy Helps Back Pain

Physical therapy is the ideal treatment for patients experiencing low back pain. Unlike prescription pain medication, physical therapy does not have unwanted side effects and addresses mobility and pain.

Physical therapy is one of the most effective methods for pain relief. Therapies such as traction play a significant role in physical therapy's ability to relieve a patient's pain. When combined with other physical therapy treatments, lumbar traction provides significantly more pain reduction and functional improvements in the short term.

Traction is a form of decompression therapy that relieves pressure on the nerves by separating the joint space. It is typically used to treat herniated discs, sciatica, degenerative disc disease, and pinched nerves. Different types of traction require the expertise of a physical therapist to get the desired results.

**Book An Appointment Today!**

# What Are The Different Types Of Traction?

The are several different types of lumbar traction but the most common include:

- **Continuous Traction** - Continuous or bed traction uses low weights for extended periods (up to several hours at a time). This long duration requires that only small amounts of weight be used.
- **Sustained Traction** - This type of traction involves heavier weights applied for short periods and is sometimes referred to as static traction.
- **Intermittent Mechanical Traction** - Intermittent traction is similar to sustained traction in intensity and duration but applies and releases forces at preset intervals.
- **Manual Traction** - Manual traction is applied by the therapist's hands and/or a belt. It is typically used for a few seconds or can be a quick thrust.

The benefit of traction therapy is likely to separate the vertebrae and reduce the pressure in the disc and on the nerve roots. Different types of traction may have different results, and our skilled therapist can help decide the most appropriate kind of traction for you.

## What To Expect At Your Physical Therapy Session

Our highly trained physical therapists will design a personalized treatment plan for your specific needs. We will perform a thorough evaluation to determine the most effective strategy for your quick recovery.

We will use every form of treatment at our disposal to resolve your condition, including traction. We will assess your movement and identify the contributing factors that are causing your pain. This information will help guide our treatments.

With lumbar traction, a gentle force is used to gap the pelvis from the lower back gently. This traction relieves pressure on the spine and alleviates pain. Once your pain is diminished, we will start a more active approach that restores your mobility and function. As you continue to improve, we will strengthen posture and body mechanics.

***Our goal is to get you moving pain-free and back to doing what you love!***

## Call To Make An Appointment

Physical therapy is essential to identify the most effective ways to alleviate your back pain. Contact the Physical Therapy Center today to see if traction is right for you!

Sources:  
<https://journals.sagepub.com/doi/full/10.1177/0269215519872528>  
[https://www.physio-pedia.com/Lumbar\\_Traction](https://www.physio-pedia.com/Lumbar_Traction)



## Feel Better By Eating Better!

### Heart Healthy Hummus

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rfp-20049675>

## Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

**Matthews Location**  
(704) 610-1868

**Waxhaw Location**  
(704) 459-4269

**South End Location**  
(980) 303-3991

**Monroe Location**  
(704) 459-3794



# 5 Health Benefits Of Spring Cleaning!

## 1. Allergy Symptom Reduction.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Americans have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

## 2. Cleanliness Produces Happiness.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

## 3. Better Heart Health.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

## 4. Declutter and Do a Good Deed by Donating.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

## 5. Get a Better Night's Sleep.

Do you have trouble sleeping at night? In a recent poll, it was found that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Sources:  
[ncbi.nlm.nih.gov/pubmed/19934011](https://ncbi.nlm.nih.gov/pubmed/19934011)  
[parsleyhealth.com/blog/health-benefits-spring-cleaning](https://parsleyhealth.com/blog/health-benefits-spring-cleaning)



## Exercise of the Month Pelvic Tilt



While lying on your back, use your stomach muscles to press your lower back into the floor. Stay in this position for a few breaths, then return to neutral position. Complete 5-10 reps.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



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