

Immediate Effects of Side Lying Manual Lumbar Traction in Patients with Painful Active Lumbar Motion

The purpose of this study was to determine if a gentle form of manual lumbar traction could reduce painful lumbar motions associated with lumbar disc degeneration (LDD). This clinical trial incorporated 134 participants with painful active lumbar motion. Participants were randomly assigned to an experimental treatment or sham group. 67 participants received side-lying manual lumbar traction while the other 67 participants received a sham treatment. Pre and post treatment NPRS values for the painful active lumbar motion were recorded for each group. There was a statistically significant improvement ($P=0.00$) for decreased pain intensity during active lumbar motion in the experimental group as compared to the sham treatment group. The average percent decrease in numeric pain rating scale (NPRS) values was 52.1% for the experimental treatment group and 8.1% for the sham group. The results of the study suggest that side-lying manual lumbar traction can improve painful lumbar motion in patients with LDD.

Key words: Low back pain; Lumbar disc degeneration; Lumbar manual traction

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INTRODUCTION

Low back pain (LBP) is the most common musculoskeletal complaint of the adult population¹. The prevalence of back pain and the number of patients seeking care in the US has increased over the last two decades². It is estimated that 60% to 80% of people will have it during their lifetime and 2-5% will have it at any given time³⁻⁵. Lumbar traction, lumbar mobilization, and lumbar manipulation are common forms of conservative care intervention for LBP⁶. All three of these interventions have all demonstrated positive immediate effects for lumbar pain and motion impairments⁷. Lumbar traction involves the application of a low-velocity passive motion to distract or separate the lumbar segments in a straight sagittal plane⁸. Spinal mobilization involves the use of a low-velocity passive motion applied either directly to a portion of the vertebrae or more generally the pelvis or lower extremity (LE)⁹. Spinal mobiliza-

tion is typically applied in a graded or oscillatory fashion¹⁰. Spinal manipulation involves the application a high-velocity (HV) passive motion¹¹. This passive movement is typically applied to the lumbar segments in an indirect fashion using the patient's pelvis, trunk, or shoulder region as a lever to deliver what is typically a rotatory motion into the lumbar segments¹². Spinal manipulation, when applied in this fashion, is controversial if not potentially dangerous if applied to patients with LDD and associated segmental instability¹³.

In a comprehensive review of the literature published in 1996, Stevinson identified 295 cases of complications following HV spinal manipulation. Sixty-one of these cases noted disk herniation, worsening of radicular symptoms, or development of cauda equina syndrome. Fifty-six reports of other types of complications, including dislocations and fractures that were often accompanied by spinal cord compression¹⁴. In a case study by Morandi, neurological symptoms including worsened

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- 7 Identification and Antepartum Surveillance of High Risk Pregnancy Amol P Pawar Kaizad R Damania
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- 9 Post Term and Prolonged Pregnancy Avinash Bhatt Kaizad R Damania
- 10 Antepartum Haemorrhage Vedrana Caric Amarnath Bhide
- 11 Venous Thromboembolism in Pregnancy Gargee Pandit Kaizad R Damania
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- 13 Hypertensive Disorders in Pregnancy Vandana Bansal Kaizad R Damania
- 14 Haematological Disorders and Red Cell Alloimmunization in Pregnancy Ann Koschorke Michael Egbor Amarnath Bhide
- 15 Diabetes in Pregnancy Gargee Pandit Kaizad R Damania
- 16 Cardiac Disease and Pregnancy Milind S Phadke Vinay R Jaiswal
- 17 Other Medical Disorders in Pregnancy Ameya C Purandare Kaizad R Damania
- 18 Tropical Diseases in Pregnancy Shirish N Daftary
- 19 Abnormal Labour Kim Hinshaw Sara Kenyon
- 20 Fetal Surveillance in Labour Rohana Haththotuwa Muhunthan K Sabaratnam Arulkumaran
- 21 Birth Asphyxia Vikram Sinai Talaulikar Sabaratnam Arulkumaran
- 22 Operative Delivery Hemantha Senanayake Sabaratnam Arulkumaran
- 23 Postpartum Haemorrhage Sadia Muhammad Edwin Chandrachan
- 24 Maternal Collapse Leonie Penna
- 25 Obesity and Pregnancy Swetha Bhaskar Venkat Bhaskar and Tahir Mahmood
- 26 Clinical Governance and Audit Charlotte Cassis and Sambit Mukhopadhyay

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Table of Contents Lying Manual

1. Understanding the eBook Lying Manual
 - The Rise of Digital Reading Lying Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Lying Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lying Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lying Manual
 - Personalized Recommendations
 - Lying Manual User Reviews and Ratings
 - Lying Manual and Bestseller Lists
5. Accessing Lying Manual Free and Paid eBooks

- Lying Manual Public Domain eBooks
- Lying Manual eBook Subscription Services
- Lying Manual Budget-Friendly Options
- 6. Navigating Lying Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Lying Manual Compatibility with Devices
 - Lying Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lying Manual
 - Highlighting and Note-Taking Lying Manual
 - Interactive Elements Lying Manual
- 8. Staying Engaged with Lying Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lying Manual
- 9. Balancing eBooks and Physical Books Lying Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lying Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lying Manual
 - Setting Reading Goals Lying Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lying Manual
 - Fact-Checking eBook Content of Lying Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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