

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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Yicheng Fang



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Landing-force Manual United States. Navy Department,1921 **The Reiki Manual** Penelope Quest,Kathy Roberts,2011-09-01 The definitive text on Reiki for students practitioners and Masters alike from one of the most respected Reiki teachers today Reiki is a holistic system for balancing healing and harmonizing all aspects of the person body mind emotions and spirit encouraging deep relaxation and the release of stress and tension and promoting awareness and spiritual growth This comprehensive manual provides much needed support for students and teachers who want to follow the best practices Covering Reiki levels 1 2 and 3 this book conveys information in an accessible structured and interactive way to enhance the reader s understanding knowledge and experience of the practice The final section of the manual contains reference material specifically for students who wish to become professional practitioners and for Masters who want to broaden their training This section also offers the foundation for additional courses or workshops on topics such as health

and safety and managing a successful practice The Reiki Manual can be used as student preparation before a Reiki class as a textbook during Reiki courses as post course reading or for reviewing what has already been learned it includes revision questions and revision activities by Reiki practitioners to help them practice in the best most professional way and by Reiki Masters as a guide to devise and deliver a Reiki course More extensive than any other Reiki book on the market The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come **Barrow's Sepoy Officer's Manual** E. G. Barrow,1918 **The Shameless Liar's Guide** Duke Christoffersen,2005-11-01 Let s face it you re going to lie Now for the first time there s a book to help you get good at it If you re saying you re going to STOP lying then you re just lying to yourself This hilarious manual takes you through The five laws of lying well Law 1 Don t feel bad about lying feel bad about the bad things you do that you have to lie about Preparing your conscience in advance The ABCDE s of lying The importance of knowing when to lie even more important than knowing HOW to lie How to know when someone is lying to you And much more The Shameless Liar s Guide is the first in a series of Anti Self Help books dedicated to helping readers get in touch with their inner inadequacies and to accept feel good about and laugh at their inherent human flaws

Landing-force Manual, United States Navy, 1918 United States. Navy Department,1918 Study Guide and Procedure Checklist Manual for Kinn's The Clinical Medical Assistant - E-Book Deborah B. Proctor,Brigitte Niedzwiecki,Julie Pepper,Martha (Marti) Garrels,Helen Mills,2016-06-07 Get more practice with the essential medical assisting job skills Designed to support Kinn s The Clinical Medical Assistant An Applied Learning Approach 13th Edition Kinn s The Clinical Medical Assistant Study Guide and Procedure Checklist Manual Package An Applied Learning Approach 13th Edition offers a wide range of exercises to reinforce your understanding of common clinical skills including CAAHEP and ABHES competencies A variety of exercises test your knowledge and critical thinking skills with vocabulary review multiple choice fill in the blank and true false questions Additional exercises enhance learning with skills and concepts word puzzles case studies workplace applications and Internet activities Procedure checklists help you track your performance of every procedure included in the textbook Work products allow you to provide documentation to instructors and to accrediting organizations when a competency has been mastered Cross references tie together exercises in the study guide to the Connections theme in the main text NEW Eight procedure checklists based on CAAHEP competencies provide an assessment tool for MA procedures NEW Glucometer test results and Mantoux test records allow you to assess how well you re able to perform these procedures NEW SimChart for the Medical Office Connection ties EHR cases to appropriate chapters **The Ladies' Manual** ,1883 **Guide to Manual Materials Handling** A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding

Recommendations are provided in the form of design data that can be used to design different MMH work activities. The guide is divided into two parts. Part I outlines the scope of the problem, discusses the factors that influence a person's capacity to perform MMH activities, and or should be modified to reduce the risk of injuries, and reviews the various design approaches to solving the MMH problem. Part II provides specific design data in six distinct chapters. The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities. The guide is aimed at all concerned with the health impact of MMH activities: occupational health and safety workers, senior human resource managers, ergonomists, workers, compensation lawyers, union representatives.

Village Medical Manual: A Layman's Guide to Health Care in Developing Countries, Mary Vanderkooi, 2000

Landing-Force Manual, United States. Office of the Chief of Naval Operations, 1921

Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician, Hospital for Special Surgery, JeMe Cioppa-Mosca, Janet B. Cahill, Carmen Young Tucker, 2006-06-08

Designed to help therapists provide post surgical rehabilitation based on best practices and evidence based research, this comprehensive reference presents effective guidelines for postsurgical rehabilitation interventions. Its authoritative material is drawn from the most current literature in the field, as well as contributions from expert physical therapists, occupational therapists, and athletic trainers affiliated with the Hospital for Special Surgery. HSS A DVD accompanies the book, featuring over 60 minutes of video of patients demonstrating various therapeutic exercises spanning the different phases of postsurgical rehabilitation. Examples include hand therapy procedures working with post surgical patients with cerebral palsy, sports patient injuries, and pediatric procedures for disorders such as torticollis. Material represents the best practices of experts with the Hospital of Special Surgery, one of the best known and most respected orthopedic hospitals. Phases of treatment are defined in tables to clearly show goals, precautions, treatment strategies, and criteria for surgery. Many of the treatment strategies are shown in videos on the accompanying DVD, enabling the user to watch the procedure that is discussed in the text. Information on pediatric and geriatric patients explores differing strategies for treating these populations. Treatments specific to sports injuries are presented, highlighting the different rehabilitation procedures available for athletes. An entire section on hand rehabilitation provides the latest information for hand specialists. Information on the latest treatment strategies for hip replacement presents complete information on one of the most common procedures. Easy to follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy. A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process. Broad coverage addresses both traditional techniques as well as newer methods in a single resource. Clear photos and illustrations show how to correctly perform the techniques described in the book.

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