

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

Doug Creighton, Alexa Schweiger, Sarah Cubr

Team Rehabilitation Farmington Hills, Michigan, USA

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Address for correspondence

Doug Creighton, MS, DPT, Prof,
Oakland University
3077 Human Health Building
Rochester Michigan 48309
Ph: 248-364-8696
creightd@oakland.edu

INTRODUCTION

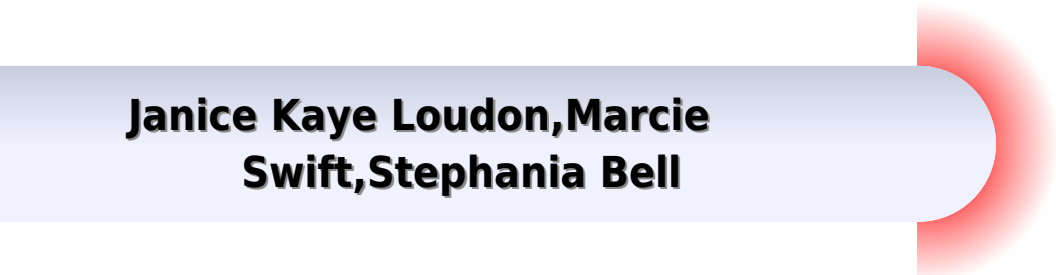
Low back pain (LBP) is the most common musculoskeletal complaint of the adult population¹. The prevalence of back pain and the number of patients seeking care in the US has increased over the last two decades². It is estimated that 60% to 80% of people will have it during their lifetime and 2-5% will 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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**Janice Kaye Loudon, Marcie
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In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Lying Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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