

CERVICAL TRACTION:



Cervical traction, tension is placed on the head to pull it up and away from the neck, stretching the muscles and ligaments around the vertebrae of the spine and expanding the space between the vertebrae. The goal is to provide the opportunity for muscles to relax, to take pressure off pinched nerves, increase range of motion, and reduce pain. With manual traction a physical therapist performs this type of traction. The patient lies down on a table, and the therapist uses his or her hands to pull the head away from the neck. While performing manual traction, the therapist may reposition the head to achieve better results, moving it to the side or turning the head. With mechanical traction the cervical spine receives tension provided by mechanical means. A machine may provide the tension, or it can be a system of weights used with a harness or sling. Straps are placed on the patient's head, and then mechanical pressure is used to pull the head away from the neck and spine.