



connections
PHYSICAL THERAPY

NEWSLETTER

RELIEVING BACK PAIN WITH TRACTION



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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 Connections Physical Therapy, 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 Connections Physical Therapy, our therapist can help determine if lumbar traction is right for you.

For more information on how traction could benefit you, contact Connections Physical Therapy 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.



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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 do what you love!

Call To Make An Appointment

Physical therapy is essential to identify the most effective ways to alleviate your back pain. Contact Connections Physical Therapy 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

EXERCISE ESSENTIAL

SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





7 Tips To Become A Better Hiker

1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

3. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

4. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.

5. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

Source: <https://www.adirondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>



Healthy Recipe

GRILLED CHICKEN KEBABS

- 1/4 c. hoisin sauce
- 3 tbsp. reduced-sodium soy sauce
- 1 tbsp. plus 2 tsp. sesame oil
- 1 " piece ginger, grated or minced
- 2 cloves garlic, minced
- 1 lb. chicken thighs, cut into 1" pieces
- 1 lb. baby bok choy, rinsed, cut in half lengthwise
- 1 bunch scallions, cut into 2" pieces
- 2 tbsp. vegetable oil
- Kosher salt
- Freshly ground black pepper
- Toasted sesame seeds

1. In a medium bowl, whisk together hoisin, soy sauce, sesame oil, ginger, and garlic until thoroughly combined. Set aside.
2. In a large bowl, add chicken, bok choy, and scallions. Drizzle over vegetable oil, season thoroughly with salt and pepper, and toss to coat.
3. Preheat grill to medium-high for 3 minutes, and soak skewers in a shallow pan filled with water for 10 minutes to prevent scorching. Once soaked, thread chicken, bok choy, and groups of 3 scallions onto skewers.
4. Transfer skewers to the grill and cook for about 4 minutes, flipping occasionally. After the first 4 minutes, begin brushing the skewers with the hoisin mixture after each flip. Cook for an additional 4 to 5 minutes, or until the thickest piece of chicken reaches 165°F on an instant read thermometer.
5. Transfer to a platter, sprinkle on sesame seeds and serve.

Source: <https://www.delish.com/cooking/recipe-ideas/a39539870/grilled-chicken-kebabs-recipe/>

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