

## 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 population<sup>1</sup>. The prevalence of back pain and the number of patients seeking care in the US has increased over the last two decades<sup>2</sup>. It is estimated that 60% to 80% of people will have it during their lifetime and 2-5% will have it at any given time<sup>3-5</sup>. Lumbar traction, lumbar mobilization, and lumbar manipulation are common forms of conservative care intervention for LBP<sup>6</sup>. All three of these interventions have all demonstrated positive immediate effects for lumbar pain and motion impairments<sup>7</sup>. Lumbar traction involves the application of a low-velocity passive motion to distract or separate the lumbar segments in a straight sagittal plane<sup>8</sup>. 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)<sup>9</sup>. Spinal mobiliza-

tion is typically applied in a graded or oscillatory fashion<sup>10</sup>. Spinal manipulation involves the application a high-velocity (HV) passive motion<sup>11</sup>. 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 segments<sup>12</sup>. Spinal manipulation, when applied in this fashion, is controversial if not potentially dangerous if applied to patients with LDD and associated segmental instability<sup>13</sup>.

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 compression<sup>14</sup>. In a case study by Morandi, neurological symptoms including worsened

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