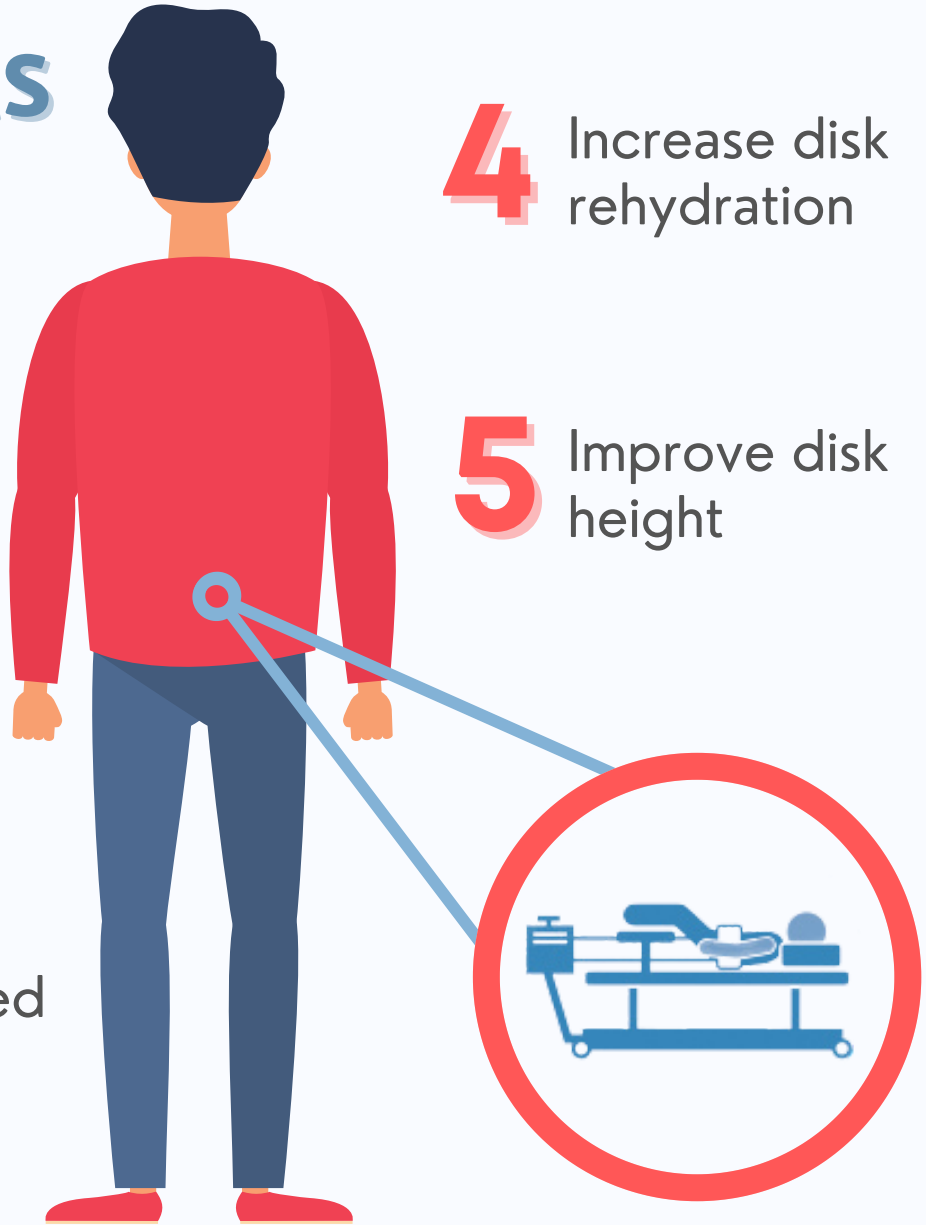
Lumbar Traction

Low back pain affects 60%–80% of the adult population, and the lumbar disk is one of the most common culprits for this condition.

Lumbar traction separates vertebral bodies and reduces compression forces on the lumbar discs. It also decreases nerve root compression by enlarging the space where spinal nerves exit the spine.

5 Benefits

1. Reduce low back pain
2. Improve low back mobility
3. Reduce herniated disk size
4. Increase disk rehydration
5. Improve disk height



Cheng, Y.-H., Hsu, C.-Y., & Lin, Y.-N. (2019). The effect of mechanical traction on low back pain in patients with herniated intervertebral disks: a systemic review and meta-analysis. Clinical Rehabilitation, 026921551987252. doi:10.1177/0269215519872528