

# BROSTROM PHYSICAL THERAPY

## Lumbar Traction

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Spinal traction is a decompression therapy method that is used to relieve pressure on the spine, help improve alignment, and allow the body to better heal itself. Traction can be completed manually or mechanically.

Both manual and mechanical traction should be administered by a physical therapist that has been properly trained on the technique as well as the equipment. Manual traction involves the physical therapist pulling with their hands; mechanical traction involves lying on a table and having the appropriate settings/tools to provide the pull. The force applied with both techniques widens joint space and decreases the pressure on the spine and spinal structures.

Anyone considering traction should be evaluated by their physician and physical therapist. There are conditions that have shown more benefit with the use of traction, some of which include<sup>(1)</sup>:

- ◆ Herniated discs      ◆ Sciatica      ◆ Bone spurs
- ◆ Stenosis      ◆ Degenerative disc disease      ◆ Pinched nerves

Mechanical traction has been shown to be most effective in the cervical (neck) and lumbar (low back) spine. A recent study reported that individuals who participated in mechanical traction and exercise versus exercise only for their course of physical therapy for neck pain reported lower pain intensity in their neck and arm(s) and decreased functional disability overall<sup>(2)</sup>.

It is always important to inform your provider if you have any co-existing conditions, as this will aid us in determining if contraindications are present<sup>(3)</sup>. This is critical to prevent muscle spasms, soreness, and/or a rebound effect after having mechanical or manual traction administered. The physical therapist's expertise will allow them to determine the safest mode of traction, position, angle, and force pending the patient's individual condition and past medical history.

Traction can provide significant relief for many individuals; however, it must be administered safely. If you are having any neck or back pain, please follow up with your primary care physician and/or physical therapist to determine if traction may be a supplemental intervention that is appropriate for you. If so, our clinic and therapists offer both manual and mechanical traction therapy and we would be honored to be a part of your care team.

References: (1) Morrison, W. (2016, October 11). Spinal Traction. In *HealthLine*. Retrieved from <https://www.healthline.com/health/spinal-traction#purpose>  
(2) News Now Staff. (2014, January 15). Mechanical traction's benefits documented. In *PTinMotion News*. Retrieved from Morrison, W. (2016, October 11). Spinal Traction. In *HealthLine*. Retrieved from <http://www.apta.org/PTinMotion/NewsNow/2014/1/15/TractionStudy/>  
(3) WebMD, LLC. (2017). Spinal decompression therapy. In *WebMD*. Retrieved from <https://www.webmd.com/back-pain/guide/spinal-decompression-therapy-surgical-nonsurgical#2>

*“Fall seven times.  
Stand up eight.”*

*~ Japanese Proverb*

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# Healthy Tips for Spring Cleaning

- ♦ Wear protective clothing while cleaning. This will protect you from pollen, dust mites, allergens, and molds.
- ♦ Keep your back and neck in a neutral position while cleaning by bending at the hips and knees and avoiding twisting movements.
  - ♦ Vary your activities. Varying activities will allow you to complete tasks with minimal pain and will reduce the risk of strain.
  - ♦ Take occasional breaks. This will decrease your chance of developing an injury.
  - ♦ If you need to work on a surface lower than your body, squat or get down on one knee to reach its' level (don't bend over).
- ♦ To avoid stressing your neck and upper back, stay close to the area that you are working. Avoid sustained positions.
- ♦ Drink a lot of water! Hydration is good for your body's tissues and will improve your overall capability and function.



Credit to: <http://www.pdrclinics.com/healthy-lifestyle-tips/spring-cleaning.html>



## Spinach-Stuffed Chicken Bundles

**\*\*Makes 6 servings\*\***

**1 hour | 30 min(s) prep | 30 min(s) cook**

### Ingredients:

- 4 oz. (1/2 of 8 oz. package) cream cheese, softened
- 1 cup shredded mozzarella cheese
- 6 small boneless skinless chicken breasts (1-1/2 lb.), pounded to 1/4-inch thickness
- 10 Ritz crackers, crushed (about 1/2 cup)
- 1 package (10 oz.) frozen chopped spinach, thawed, well drained
- 1 Tbsp grated parmesan cheese, divided
- 1 egg

### Directions:

1. Heat oven to 375° F.
2. Mix cream cheese, spinach, mozzarella, and 3 Tbsp. parmesan until blended; spread onto chicken. Starting at one short end of each breast, roll up chicken tightly. Secure with wooden toothpicks, if desired.
3. Beat egg in shallow dish. Mix remaining parmesan and cracker crumbs in separate shallow dish. Dip chicken in egg, then roll in crumb mixture to evenly coat. Place, seams-side down, in a 13x9-inch baking dish sprayed with cooking spray.
4. Bake 30 minutes or until chicken is done (165° F). Remove and discard toothpicks.

Recipe credit to: <https://www.kraftrecipes.com/recipe/148730/spinach-stuffed-chicken-bundles>