

Saunders[®] Lumbar Traction

Affordable High-Quality Home Traction



Patient Benefits

- Save limited in-clinic visits for valuable one-on-one time with the clinician
- Perform daily treatments in the home, workplace, or when traveling
- Help manage chronic conditions

Advanced Features

- Treatments can be conducted on a bed — the patient does not need to stoop down to the floor
- Carrying case doubles as a comfortable treatment surface
- Detachable wheels provide enhanced portability

Features

- Friction-free surface ensures smooth motion
- Easy-to-read pressure gauge provides control of the force
- Blow-off valve limits the amount of force that can be applied
- A cost effective option to continuous clinical care
- Split table design replicates clinical traction and promotes consistency of treatment
- Actively moving treatment surface helps ensure efficient application of traction
- Patented pneumatic system ensures reliable force accuracy and leak-free performance
- Easy to use
- A portable solution
- Patented self-adjusting neck wedges help to ensure a perfect fit
- Non-slip harnesses incorporate belt-organizers for quick set-up
- Patented pump design incorporates a simple “click in place” mechanism

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Treatment Guidelines

Traction can be a helpful adjunctive therapy for symptoms associated with the following disorders.

DISORDER	GOALS	MODE	FORCE	TIME	FREQUENCY
Herniated Disc Syndrome	<ul style="list-style-type: none"> • Reduce nerve compression • Relieve pain 	Static	20–30# female 25–40# male	8–12 minutes	1–4 times daily
Degenerative Disc Disease	<ul style="list-style-type: none"> • Stimulate nutrition • Improve spinal function • Reduce nerve compression 	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Degenerative Joint Disease	<ul style="list-style-type: none"> • Stimulate nutrition • Improve spinal function • Reduce nerve compression 	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Joint Fixation, Facet Impingement	<ul style="list-style-type: none"> • Unlock facet joint • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Poor Posture	<ul style="list-style-type: none"> • Posture correction • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Soft Tissue Stiffness	<ul style="list-style-type: none"> • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily

These guidelines are intended as a useful tool for clinicians. They are based on available evidence in the literature and in clinical practice. They should not substitute for professional judgment. We recommend all protocols be performed to patient tolerance. A list of references is available upon request.

- Gradually work up to recommended treatment times and force. Initial treatment times of three to five minutes may be required for acute or irritable conditions.
- Additional flexion can be achieved by placing pillows or bolsters under the knees.
- Additional extension can be achieved by placing rolled towels or wedges under the lumbar area or by using the device in the prone position.



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