

## Expanded Treatment Options for Spinal Pain in LCHM Therapy Department

The therapy department at Lawrence County Memorial Hospital has a new mechanical traction table which is officially up and running. "Our training with the new device is complete and we have achieved several successful treatments decreasing patient's low back and radiating leg pain." Says the director of therapy Lila Manzo, PT.

The new equipment enables physical therapy to perform mechanical spinal traction. Spinal traction is a form of decompression therapy that relieves pressure on the spine with a pulley system. For low back traction the pulley is attached to harness or belt which is worn around the waist. Traction treatments are used to relieve bulging discs, sciatica, degenerative disc disease, pinched nerves, and many other pain generating conditions of the lower spine.

An adaptation to the unit allows therapy to also treat many causes of cervicalgia or neck pain. These treatments are performed while the patient rests in a comfortable reclining position with a gentle pull from the base of the skull or a gentle pull through a harness which fits around base of the skull and chin.

The new traction table is located in a quiet and private area of the therapy department. It can be adjusted to custom intensities with a constant or intermittent program to best suit individual protocols. Moist hot packs are available and add an extra element of relaxation to the traction treatment. PTA Taryn Waldrop adds "The heat not only feels good but increases the elasticity of the tissues being stretched for greater effect."

The Chattanooga Traction Unit is not only an attractive modern addition to the therapy department it also has built in features to increase safety and improve outcomes. A patient controlled interruption switch gives the person being treated the power to immediately end a session that might have become less comfortable. Because the treatment table reclines, inclines, and elevates optimal treatment positions can be achieved with ease.

While we hope you do not get back or neck pain the Physical Therapy team at Lawrence County Memorial Hospital, is now better able to help that pain go away. We appreciate the hospital and executive team which supported the purchase of the new Chattanooga Traction Unit. It is a quality piece of medical equipment which will be used to serve the patients of Lawrence County Memorial Hospital for years to come.