

*Saunders®*

Cervical and Lumbar  
Home Traction



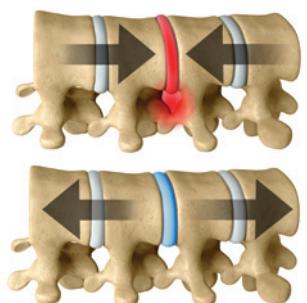
Get to the Root

 **DJO**  
GLOBAL

# Relieve back pain associated with RADICULOPATHY

Saunders Home Traction provides clinically-proven pain treatment that gets to the root of Cervical and Lumbar Radiculopathy, allowing clinicians to extend back wellness into the home and improve compliance with an easy-to-use, comfortable traction device.

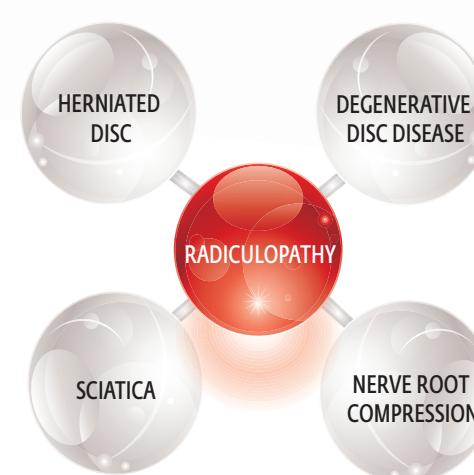
Pulling forces distract vertebrae  
**RELIEVING PRESSURE** on nerve roots



- Mobilizes and stretches muscles, ligaments and joints
- Decreases muscle spasm
- Improves spinal nutrition by increasing blood flow
- Improves overall spinal function

Effective for **MORE** than herniated discs

24 Studies demonstrate traction effectiveness for the following conditions:



**REPLICATES** clinical traction treatment

- Patented pneumatic system design ensures reliable force accuracy
- Adjustable angles for optimal spine positioning
- Pressure gauge ensures total control of force all times
- Swivel occipital pads ensure precise fit and positioning to accommodate therapeutic forces



**INTEGRAL PART** of a back wellness home program

- Maintains clinical gains attained with clinic traction treatments
- Benefit from daily treatments
- Patient actively participates in their own back care plan





## References

1. Nachemson A, Elfstrom G. Intravital dynamic pressure measurements in the lumbar discs. *Scand J Rehabil Med*. 1970;[vol](suppl 1):1.
2. Gupta RC, Ramarao SV. Epidurography in the reduction of lumbar disc prolapse by traction. *Arch Phys Med Rehabil*. 1978;59:322-327.
3. Onel D, Tuzlaci M, Sari H, et al. Computed tomographic investigation of the effect of traction on lumbar disc herniations. *Spine*. 1989;14:82-90.
4. Komori H, Shinomiya K, Nakai O, et al. The natural history of herniated nucleus pulposus with radiculopathy. *Spine*. 1996;21:225-229.
5. Saal JA, Saal JS. Nonoperative treatment of herniated lumbar intervertebral disc with radiculopathy: an outcome study. *Spine*. 1989;14(4):431-437.
6. Neck traction could be considered as a therapy of choice for radiculopathy caused by herniated discs, even in cases of large-volume herniated discs. *J Manipulative Physiol Ther*. 2002;25(3):188-192.
7. Article title. *J Orthop Sports Phys Ther*. 2004;34(11):701-712.
8. Saal JS, Saal JA, Yurth EF. Nonoperative management of herniated cervical intervertebral disc with radiculopathy. *Spine*. 1996;21:1877-1883.
9. Intermittent cervical traction for cervical radiculopathy caused by large-volume herniated disks. *J Manipulative Physiol Ther*. 2002;25(3):188-192. PMID: 11986581.
10. Chung TS, Lee YJ, Kang SW, et al. Reducibility of cervical disk herniation: evaluation at MR imaging during cervical traction with a nonmagnetic traction device. *Radiology*. 2002;225(3):895-898.
11. Matthews JA, Hickling J. Lumbar traction: a double-blind controlled study for sciatica. *Rheumatol Rehabil*. 1975;14:222-225.
12. Parsons WB, Cumming JDA. Mechanical traction in lumbar disc syndrome. *Can Med J*. 1957;77:7-10.
13. Ellenberg MR, et al. Cervical radiculopathy. *Arch Phys Med Rehabil*. 1994;75:342-352.
14. Research on the effectiveness of intermittent cervical traction therapy, using short-latency somatosensory evoked potentials. *J Orthop Sci*. 2002;7(2):[page(s)].
15. The influence of cervical traction, compression, and spurling test on cervical intervertebral foramen size. *Spine*. 2009;34(16):1658-1662.
16. Fater DCW, Kernoek TW. Comparison of cervical vertebral separation in the supine and seated positions using home traction units. *Physiotherapy Theor Pract*. 2008;24(6):430-436.
17. Graham N, Gross AR, Goldsmith C, and the Cervical Overview Group. Mechanical traction for mechanical neck disorders: a systematic review. *J Rehabil Med*. 2006;38: 145-152.
18. Zylbergold R, Piper M. Cervical spine disorders: a comparison of three types of traction. *Spine*. 1985;10:867-871.
19. Cleland JA, Fritz JM, Whitman JM, Heath R. Predictors of short-term outcome in people with a clinical diagnosis of cervical radiculopathy. *Phys Ther*. 2007;87(12):1-14.
20. Cleland JA, Whitman JM, Fritz JM, et al. Manual physical therapy, cervical traction and strengthening exercises in patients with cervical radiculopathy: a case series. *J Orthop Sports Phys Ther*. 2005;35(12):802-811.
21. Honet JC, Puri K. Cervical radiculitis: treatment and results in 82 patients. *Arch Phys Med Rehabil*. 1976;57:12-16.
22. Moetti P, Marchetti G. Clinical outcome from mechanical intermittent cervical traction for the treatment of cervical radiculopathy: a case series. *J Orthop Sports Phys Ther*. 2001;31(4):207-213.
23. Waldrop MA. Diagnosis and treatment of cervical radiculopathy using a clinical prediction rule and a multimodal intervention approach: a case series. *J Orthop Sports Phys Ther*. 2006;36:152-159.
24. Raney NH, Petersen EJ, Smith TA, et al. Development of a clinical prediction rule to identify patients with neck pain likely to benefit from cervical traction and exercise. *Eur Spine J*. 2009;18(3):382-391.



**DJO, LLC | A DJO Global Company**

**T 800.336.6569    D 760.727.1280    F 800.936.6569**

**1430 Decision Street | Vista, CA 92081-8553 | U.S.A.**

**DJOglobal.com**

*Together in Motion™*