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Performing your original search, *Intermittent cervical traction and thoracic manipulation*, in PubMed will retrieve [2 citations](#).

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1: [J Orthop Sports Phys Ther.](#) 2004 Nov; 34(11): 701-12. [Links](#)

[Browder DA](#), [Erhard RE](#), [Piva SR](#).

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STUDY DESIGN: Case series. OBJECTIVE: To describe the management of 7 patients with grade 1 cervical compressive myelopathy attributed to herniated disc using intermittent cervical traction and manipulation of the thoracic spine.

BACKGROUND: Intermittent cervical traction has been indicated for the treatment of patients with herniated disc and has been suggested to be helpful for patients with cervical compressive myelopathy. Manipulation of the thoracic spine has been utilized to safely improve active range of motion and decrease pain in patients with neck pain. METHODS AND MEASURES: Seven women with neck pain, 35 to 45 years of age, were identified as having signs and symptoms consistent with grade 1 cervical compressive myelopathy. Symptom duration ranged from less than 1 week to 52 weeks. All patients were treated with intermittent cervical traction and thoracic manipulation for a median of 9 sessions (range, 2-12 sessions) over a median of 56 days (range, 14-146 days). Numeric Pain Rating Scale and Functional Rating Index scores served as the primary outcome measures. RESULTS: The median decrease in pain scores was 5 (range, 2-8) from a baseline of 6 (range, 4-8), and median improvement in Functional Rating Index scores was 26% (range, 10%-50%) from a baseline of 44% (range, 35%-71%). Dizziness was eliminated in 3 out of 4 patients and chronic headache symptoms were improved in 3 out of 3 patients. There were no adverse events or outcomes. CONCLUSIONS:

Intermittent cervical traction and manipulation of the thoracic spine seem useful for the reduction of pain scores and level of disability in patients with mild cervical compressive myelopathy attributed to herniated disc. A thorough neurological screening exam is recommended prior to mechanical treatment of the cervical spine.

PMID: 15609490 [PubMed - indexed for MEDLINE]

Related Links

- o Clinical outcome from mechanical intermittent cervical traction for the treatment of cervical radiculopathy: a case series. [J Orthop Sports Phys Ther. 2001]
- o Relationships between outcomes of conservative treatment and magnetic resonance imaging findings in patients with mild cervical myelopathy caused by soft disc herniations. [Spine. 2001]
- o Manipulation in the presence of cervical spinal cord compression: a case series. [J Manipulative Physiol Ther. 2006]
- o Herniated cervical intervertebral discs with radiculopathy: an outcome study of conservatively or surgically treated patients. [J Spinal Disord. 1999]
- o A new 3-point bending traction method for restoring cervical lordosis and cervical manipulation: a nonrandomized clinical controlled trial. [Arch Phys Med Rehabil. 2002]
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