

“Bulging Disc Back Pain Relief at Home Using Lumbar Traction Techniques.”

A no-nonsense Guide Written

By Tommy Hoffman, P.T.

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“Introduction”

The benefits of **lumbar traction for the relief of lower back pain and sciatica** have been well known for years. Physical therapists and chiropractors utilize lumbar traction with long-term results all the time for their lower back pain and sciatica patients.

Chiropractic and physical therapy clinics may often time refer to this form of treatment as spinal decompression. The procedure can be done manually with the help of your healthcare professional or mechanically via a special traction table.

It may also be done quite effectively by you! Manually, you can use various techniques to distract your own lower lumbar spine and get *relief of lower back pain or sciatica* symptoms.

The purpose of this guide is to provide for instruction on how to perform seven different self-traction techniques that can be accomplished in the comfort of your own home with very little to no monetary expense.

The seven techniques listed towards the end of this e-Book are done so in no particular order. It is recommended you try each of them whenever possible, and make a determination for yourself as to their effectiveness.

Spend the most time on those self-traction techniques that seem to be the most beneficial, give the most relief, and seem the easiest to perform.

“What is Lumbar Traction?”

There are two types of traction, static or constant and intermittent.

Static traction is the kind used years ago in hospitals. A small force was applied for several hours or days to a patient lying down in a bed. This is ineffective at getting separation of spinal structures necessary for the **relief of sciatica pain or lower back pain** symptoms.

Intermittent traction is a force applied alternately and released at different intervals. Since this is more easily tolerated, greater forces can be used.

There are three modes of application:

1. Manual: This is done through position and handling of a force applied by yourself or someone else. The amount of force cannot be accurately determined.
2. Mechanical: This type of traction is done via equipment available at a hospital or clinic. Since the equipment applies the force, usually some kind of indicator measuring the amount of force is used.
3. Positional: Through the use of position, a sustained force on the lumbar spinal column can be obtained.

The techniques used here in this guide are mainly manual (you apply the force) and positional.

Each of these modes can be extremely effective and I personally use technique #1 quite often in my clinic for treatment of [sciatica](#). In fact, I do not even own a mechanical traction machine.

“When is lumbar traction used for back pain?”

You may want to check with your physician before attempting any kind of lumbar spinal traction.

I will list the most common reasons (indications) and most common reasons NOT (contraindications) to use lumbar traction. These are non-negotiable. As your condition falls into the contraindicated list, do not perform these self traction techniques. Your condition can be made worse.

At all times, use common sense and stop anytime you feel extra pain or discomfort. If you are not sure, stop performing the traction technique and seek professional assistance for your condition.

These techniques would probably work better as they are used in conjunction with professional help, then instead of professional help alone. Thus, hastening your recovery time and reducing the amount of time needed with your healthcare professional. This saves you both time and money!

Indications for spinal traction

1. [Bulging](#) or [Herniated Disc](#)- As tolerated and “treatment” time should not to exceed 15 minutes.

2. [Spinal or Foraminal Stenosis](#)- As tolerated and “treatment” time should not to exceed 10 minutes.
3. Hypomobile or Stiff Facet Joints.
4. Muscle Spasm(s).

Contraindications for spinal traction

1. Any spinal disease.
2. [Acute lumbar strains](#) or [sprains](#).
3. Hypermobility (joints move too much or are unstable).
4. Rheumatoid Arthritis.
5. Spondylolisthesis.

One thing to take into consideration is that the forces applied during traction are longitudinal and not specific enough to focus on any one segment of the lumbar spine. When distraction is applied by you or someone else, the entire lumbar spine is pulled apart and the entire region is affected.

After performing some of these techniques and find them to be most helpful, you may consider purchasing a home traction unit. They can be expensive and at the same time, give you a little more of what you need, lower back pain relief.

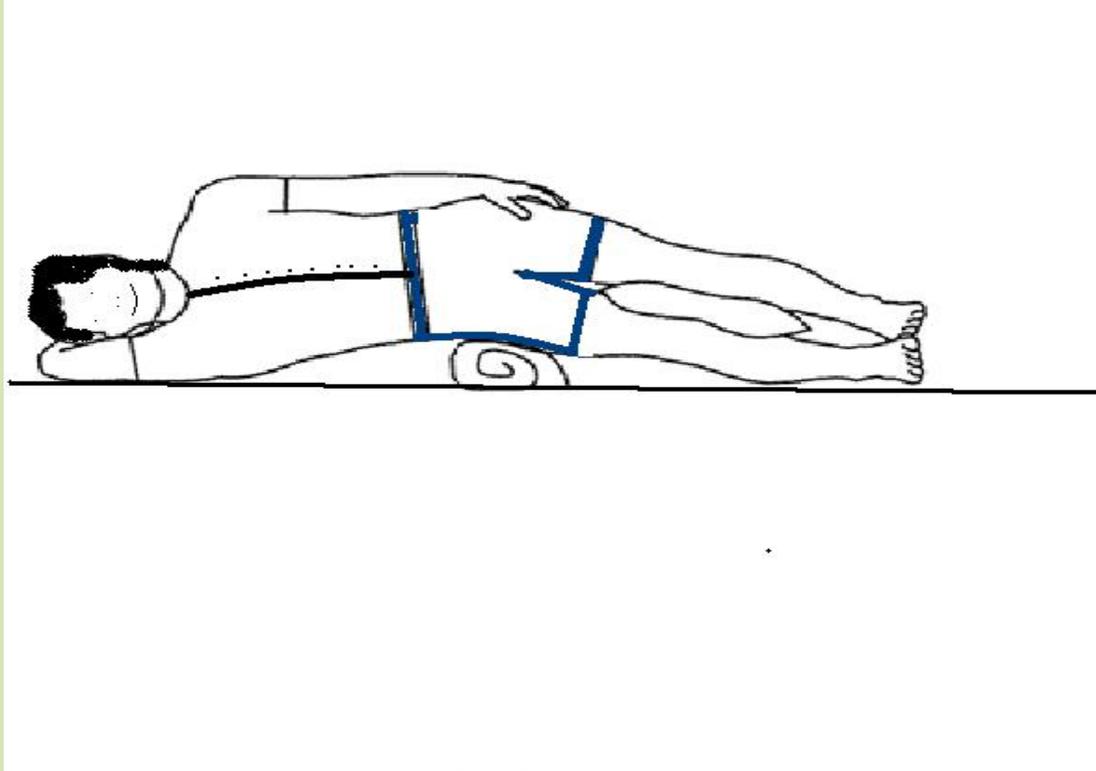
It is also a good idea to apply a cold pack or ice pack following your self-traction technique. Cold packs can be a wonderful way to naturally reduce pain and inflammation. Even to use a precaution following your home “treatment” might be a good idea. As you want to know how to make a cold pack just visit my website at www.BulgingDiscFixed.com

Thanks and Good Luck,

Tommy Hoffman, P.T.

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Lumbar self-traction technique #1

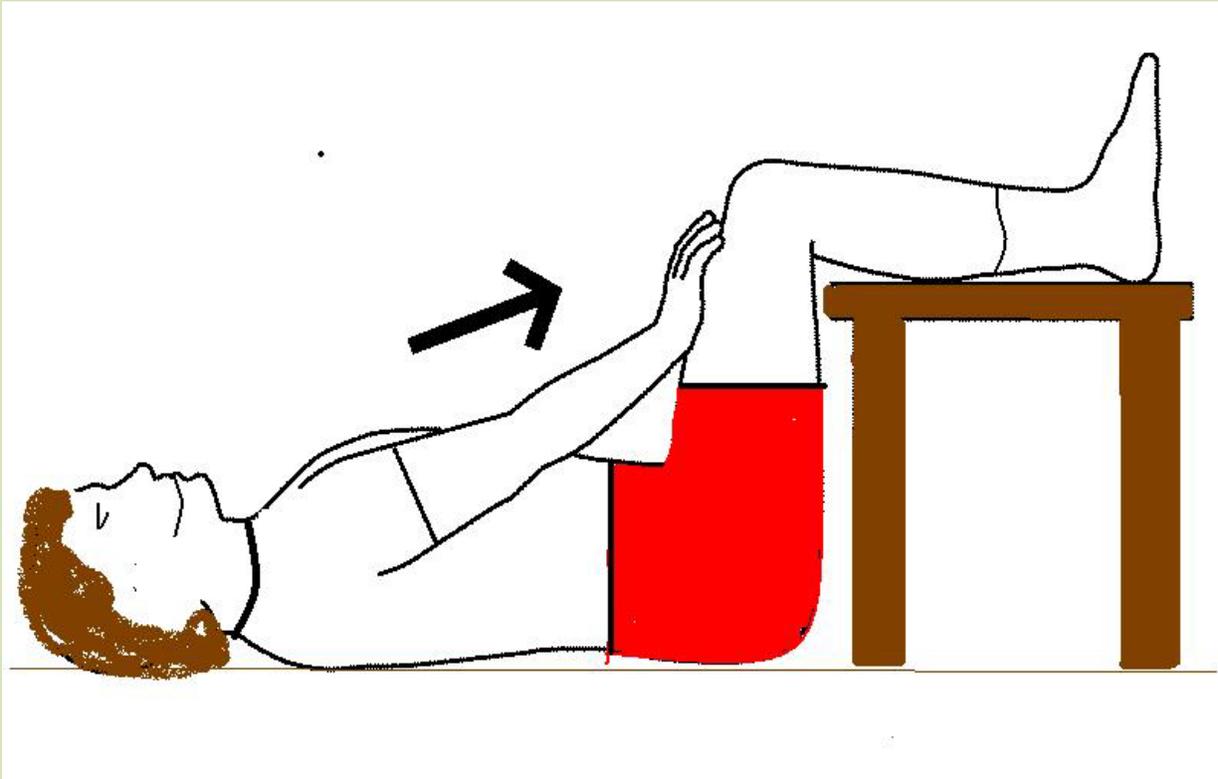


This technique is also known as positional distraction because it looks to separate the involved segment by way of position and gravity alone.

Super Important Fact: You must lay the non-painful side over the pillow (so if you have sciatica down the right leg, you would lay on your left side).

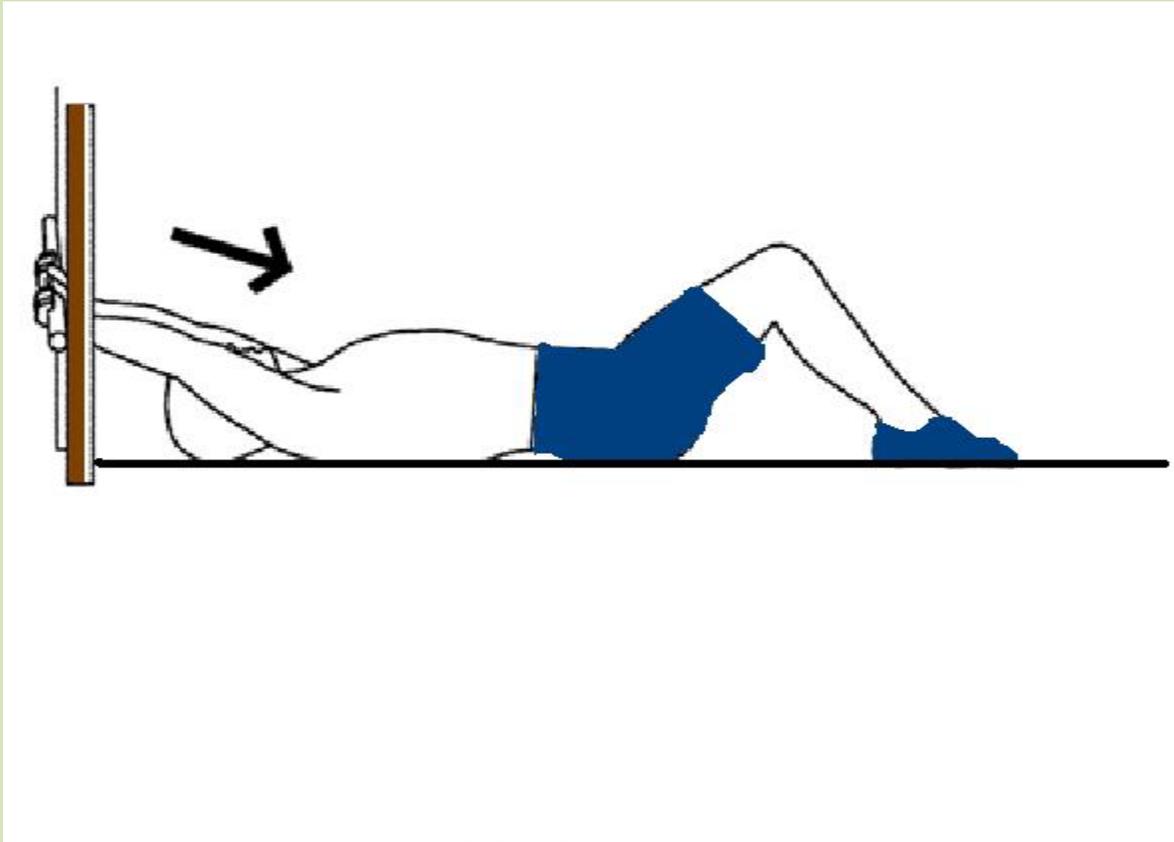
Let us say you have sciatica down the right leg. You must lie on your left side with a firm pillow rolled up about 12 inches in diameter under the top of your hip. Place a pillow between your knees. Keep your knees slightly bent and allow your upper shoulder to roll back slightly. Lie in this position for a maximum of 15 minutes. Once your time is done, go directly onto your stomach for two minutes before getting up.

Lumbar self-traction technique #2



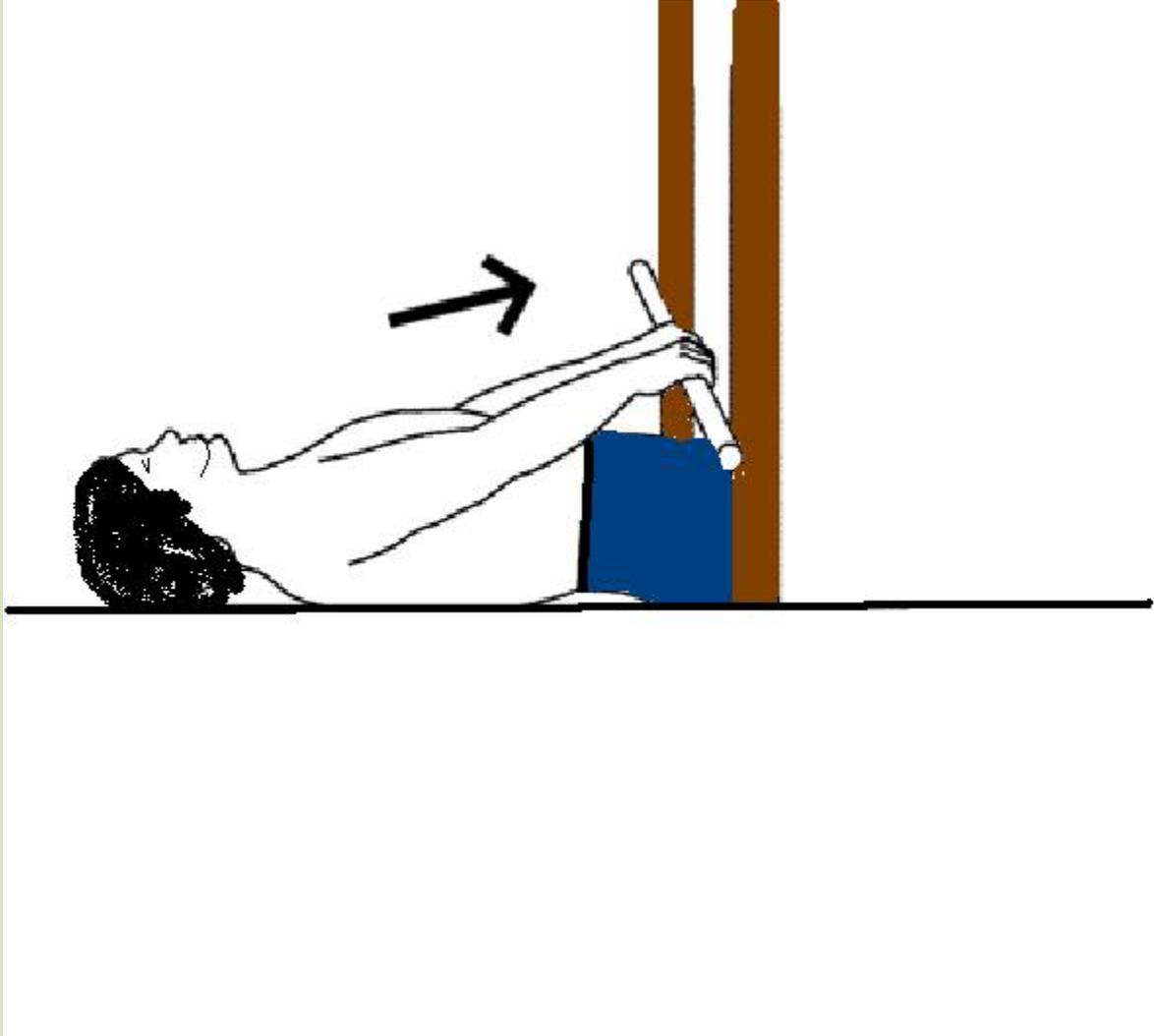
Lie on the floor with your lower legs supported on a chair or sofa. Hips and knees should be at 90 degrees. Gently push against your thighs with both hands. Hold this for 2 minutes. Repeat 5 times.

Lumbar self-traction technique #3



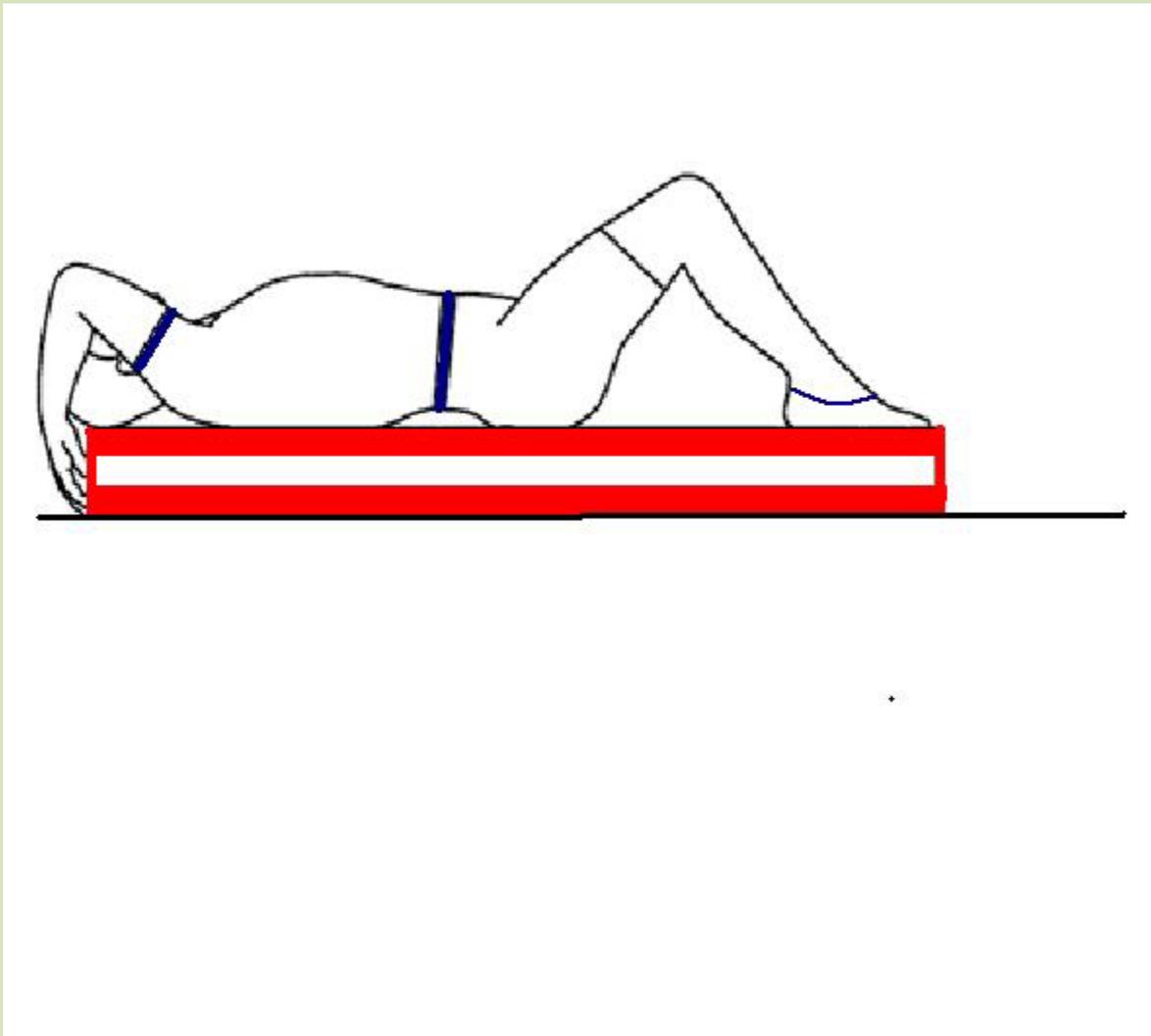
Lie in front of a doorway on your back with your knees bent and with bare skin touching the floor to provide friction. Raise both arms overhead and hold a cane or broom against the opposite side of the doorway. Gently pull with your arms against the cane. Hold this for 2 to 3 minutes. Repeat 5 times.

Lumbar self-traction technique #4



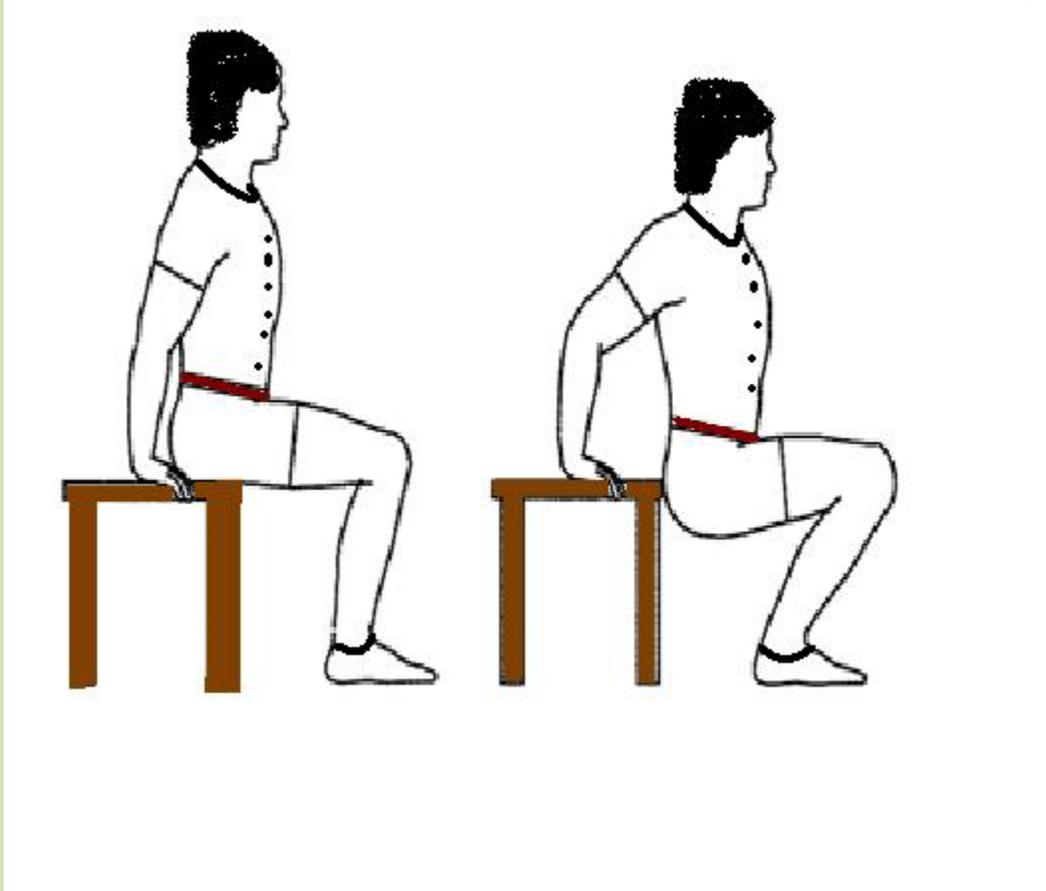
Lie flat on the floor in the center of a doorway with bare skin touching the floor to provide some friction. Hold a cane or broomstick in front of you across the doorway. Push against the cane with both arms. Hold this for 2 to 3 minutes. Repeat 5 times.

Lumbar self-traction technique #5



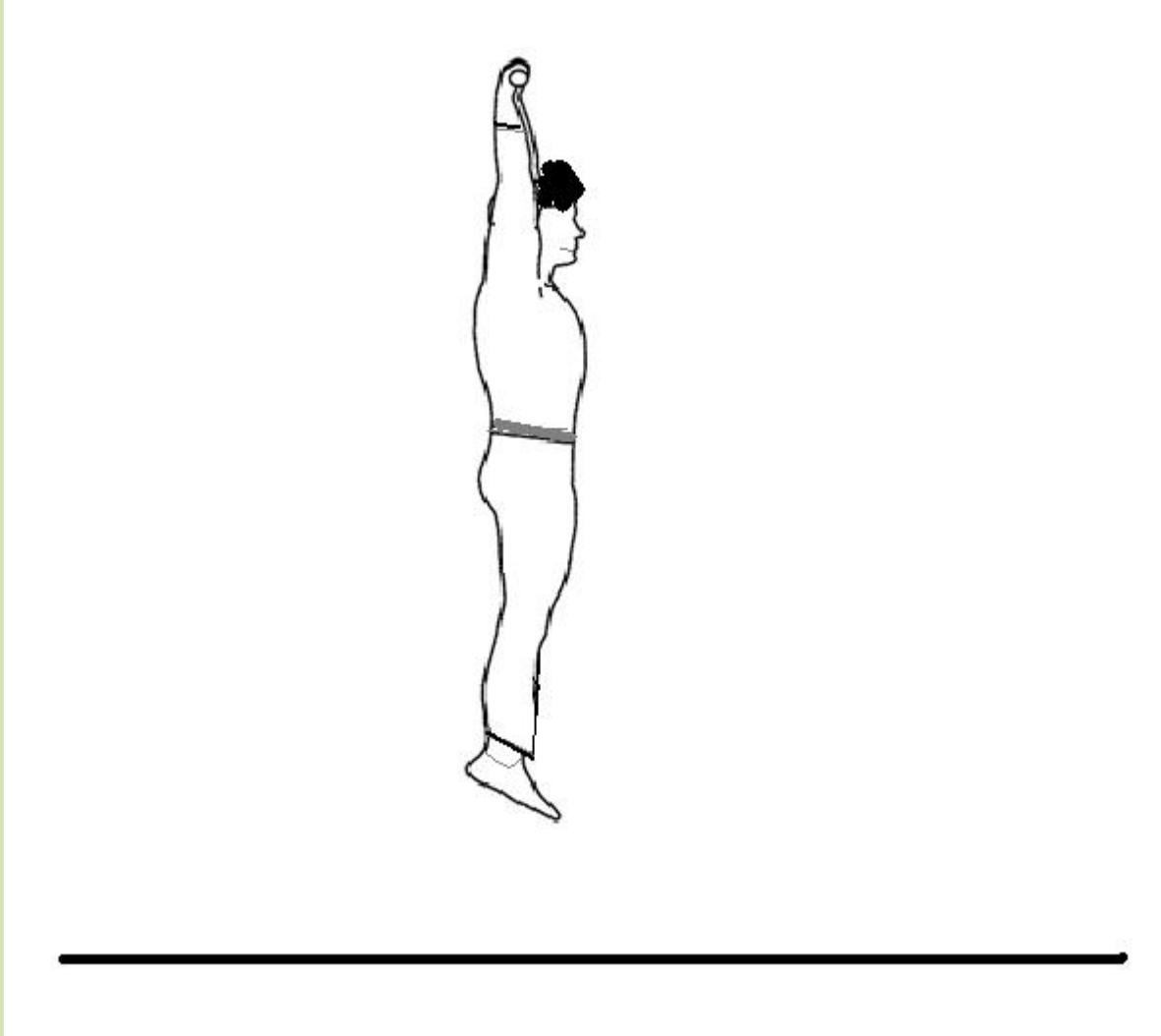
Lie on a firm mattress with your head at the edge of the bed. Bend your knees and raise your arms overhead so you can grasp the edge of the mattress. Try to keep your trunk relaxed as you gently pull by just bending your wrists. Hold this for 2 to 3 minutes. Repeat 5 times.

Lumbar self-traction technique #6



Sit on the edge of a firm chair with hands holding the seat of the chair on both sides. Slide your buttocks off the edge of the chair and relax your body while supporting yourself with your arms. Hold this position for a maximum of five minutes. Perform twice daily as possible.

Lumbar self-traction technique #7



Hang from a chinning bar. Some door frames may have ledges thick enough to grasp and sturdy enough to support your weight. Relax your back and legs. Maintain this position of elongation for as long as you can and do not to exceed 10 minutes.

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