

Intersegmental Traction Brochure

Header: Intersegmental Traction

Q: What is Intersegmental Traction?

A: It is a way of inducing passive motion into the spine for the purpose of stretching spinal joints, increasing mobility.

Q: How does Intersegmental Traction work?

A: The patient lies face up on a bench table which has roller-type cams beneath its surface. These rollers can slowly travel the length of the spine, stretching spinal joints.

Q: What does Intersegmental Traction feel like?

A: Most patients find this form of treatment to be relaxing and very helpful. The gentle rolling action is restful, exercising the spine without effort.

Q: Why is Intersegmental Traction used?

A: Since discs have a poor blood supply, they get nutrients from the circulation of fluids surrounding spinal joints. Fixations prevent this natural circulation and can cause disc thinning and degeneration. Intersegmental traction helps increase and restore necessary elasticity and motion to the spine.

Patient Benefits

Comfortable and relaxing
Increased mobility
Improves circulation of spinal fluids

Caption: Most patients enjoy the relaxing motion and the increased mobility gained from Intersegmental Traction.

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