AMERICAN ACADEMY OF PAIN MANAGEMENT
19th Annual Clinical Meeting
CULTIVATING A COMMUNITY OF CARE
September 8-11, 2008
Gaylord Opryland Hotel, Nashville, TN

Presentation Abstract

Case Study Report: The Treatment of 100 Cases with Articulating Traction Decompression & Specific Patient Posturing

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Background: Traction decompression is becoming widely used. However, there are few well-designed studies of the technique. However, there is strong evidence that range of motion therapy is beneficial to improving connective tissue health and relieving pain.

Objective: To evaluate the effectiveness of traction decompression combined with range of motion therapy.

Methods: 100 patients with acute and chronic low back pain or neck pain, with or without a radicular component, were treated using the Antalgic-Trak. KDM (Kinetic Decompression Mobilization) was utilized, allowing the patient's spine to be locked into specific postures. Each case received a total of 20, 30-minute treatment sessions over a 6-week period. Scheduling consisted of 5 times a week for the first 2 weeks, 3 times a week for the next 2 weeks, and 2 times a week for the final 2 two weeks. Each Antalgic-Trak treatment was followed by supportive adjunctive therapies. Pain relief was measured using the visual analog scale (VAS).

Results: The outcomes indicated 95% success in eliminating pain, or reducing the pain to minimal levels for a variety of spinal conditions. 55 patients experienced complete pain relief with their treatment and 40 patients reported mild pain or a VAS score of 1-3. 5 patients reported a VAS score higher than 4 after the treatment program. No patients reported worsening of their pain as a result of treatment, and 2 subjects went on to have spine surgery.

Conclusions: Traction decompression is superior to ordinary traction for pain reduction and restoration of spinal integrity. Because of the Antalgic-Trak's positioning capabilities (KDM) and its "range of motion" technique, clinicians can position the patient's spine in a manner to reduce the stress on tissues and combine these features with traction decompression. The multi-axis feature allows for coupled movements, simulating "ball and socket" motion allowing for a variety of postural combinations.

Disclosures: Dr. Rosenthal and Dr. Russo did not receive any compensation from the manufacturers of Antalgic-Trak for conducting this research.