

Saunders® Cervical Traction

Treatment Guidelines

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DISORDER	GOALS	MODE	FORCE	TIME	FREQUENCY
Herniated Disc Syndrome	<ul style="list-style-type: none"> • Reduce nerve compression • Relieve pain 	Static	20–30# female 25–40# male	8–12 minutes	1–4 times daily
Degenerative Disc Disease	<ul style="list-style-type: none"> • Stimulate nutrition • Improve spinal function • Reduce nerve compression 	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Degenerative Joint Disease	<ul style="list-style-type: none"> • Stimulate nutrition • Improve spinal function • Reduce nerve compression 	Intermittent 25% force at rest	20–25# female 30–35# male	10–20 minutes	1–2 times daily
Cervical Headache	<ul style="list-style-type: none"> • Reduce muscle tension • Relieve neck and head pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Joint Fixation, Facet Impingement	<ul style="list-style-type: none"> • Unlock facet joint • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Poor Posture	<ul style="list-style-type: none"> • Posture correction • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Soft Tissue Stiffness	<ul style="list-style-type: none"> • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily
Chronic Whiplash Syndrome	<ul style="list-style-type: none"> • Increase range of motion • Relieve pain 	Static	20–25# female 30–35# male	10–15 minutes	1–2 times daily

These guidelines are intended as a useful tool for clinicians. They are based on available evidence in the literature and in clinical practice. They should not substitute for professional judgment. We recommend all protocols be performed to patient tolerance. A list of references is available upon request.

- Gradually work up to recommended treatment times and force. Initial treatment times of three to five minutes may be required for acute or irritable conditions.
- The forces listed above are for patients of average size and mobility.
- The device is pre-set at a 15 degree angle which positions the majority of patients in a neutral posture. The angle adjuster may need to be increased for patients with severe forward head posture or thoracic kyphosis.
- Side-bend the device to achieve a unilateral pull.



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