

Welcome to Traction

You have now made enough progress in your care to begin **Spinal Remodeling Traction!** Your inflammation is down and your tissue flexibility and range of motion is up, so now you are transitioning from acute care to corrective care! This is so important because restoration of health and prevention from dis-ease is a product of the health of your body's function and structure. So, nice work!

Quick reminder: **Function** (motion) is restored through specific adjustments as well as working on postures (habits) and strengthening exercises. **Structure** (shape) is restored through primarily Spinal Remodeling Traction in office and at home via the Denneroll.

How/Why Traction Works: Amazingly, traction is able to change the shape of your spinal tissues (ligaments, discs, muscles and tendons) by slowly stretching your spine into a healthier position. This allows **tremendous relaxation to your spinal cord**, reducing your stress and improving the healing power of your nervous system! This technology can literally **reverse years and decades of damage in weeks to months.**

Keys to Traction: Changing the shape of your tissues is dependent upon 6 things:

1. **Setup** - Proper placement of traction equipment (Crucial, so listen and communicate)
2. **Time** - Length of time (Goal of 15 min in office/ 20 min at home)
3. **Load** - Heavier the weight for in-office the faster the change
 - a. Listen to your body!
4. **Consistency** - As often as possible (3-4 days/wk in office / daily at home)
 - a. Your postural patterns have been there for a long time and until corrected want to go back quickly.
5. **Temperature** - WARM UP! (15-30 squats) Body tissues change faster when warm.
6. **Water** - Drink lots to promote rehydration of spinal discs (goal ½ body wt in oz)
 - a. 200 lbs person = 100 oz h20/day

Tips for BEST RESULTS:

1. **Participate** - understand your spinal distortions and how your traction is designed to correct them. Ask questions and pay attention to your setup, this is a team sport.
2. **First week take it easy**, it may seem like not much, but listen to your body.
3. **Second week - push it** (if you feel able). After you get the hang of how traction feels, your level of post soreness and you feel ok, then get after it. Tell Josh you want to do another minute or two.
4. **Trust in the process & Communicate** - Don't be hard on yourself, just like workouts, some days are easier than others. **Push it when you can** and **back off a bit if you need to**. It's ok to tell Josh, "that's enough for today." Remember if you push through and get too sore to traction the next time, progress will slow down or stop.
5. **Self High-Fives are great**, you are literally lengthening your life span, so be proud of your effort!