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	Effective Date:	06-30-2022
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	Department/Section:	Physical Medicine & Fitness Center
	Document Title:	<b>INTERMITTENT CERVICAL/LUMBAR TRACTION</b>

### **PURPOSE:**

1. To provide guidelines on the application of intermittent cervical or lumbar traction.
2. To ensure accuracy and safety in the operation of the *TRU TRAC MACHINE* and application to patient

### **SCOPE:**

Applies to all Physical Medicine & Fitness Center Staff of Dr. Pablo O. Torre Memorial Hospital (DPOTMH)

### **RESPONSIBLE PERSON:**

Physical Therapist

### **GENERAL GUIDELINES:**

1. The Physical Therapist determines the case or diagnosis of the patient prior to the application of the traction machine.
2. The Physical Therapist knows the indications, contraindications and precautions of this machine.
3. The Physical Therapist strictly adheres to these guidelines at all times.

### **PROCEDURE:**

- 1 The physiatrist orders in patient's chart the application of intermittent traction to a specific area (cervical/lumbar) during evaluation.
  - 1.1 For Admitted Patient
    - 1.1.1 The nurse-in-charge (NIC) informs the physical therapist of the referral.
    - 1.1.2 The physical therapist informs the nurse-in-charge (NIC) of patient's time of therapy.
    - 1.1.3 The auxiliary brings the patient with his/her chart down to the center.
    - 1.1.4 The PMFC clerk charges patient's therapy session in his/her account.



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1.2 For Outpatient/Walk-in Patient:

- 1.2.1 The PMFC clerk informs the physical therapist of the referral or *physiatrist's order*.
  - 1.2.2 The PMFC clerk/physical therapist schedules the patient's therapy session.
  - 1.2.3 The PMFC clerk/physical therapist gives payment slip/checklist for patients/clients with LOA to be brought to Central Registration *section for assessment*
- 2 The physical therapist reads patient's chart before treatment
  - 3 Apply hand-washing protocol.
  - 4 The Physical Therapist performs proper Donning of personnel protective equipment
  - 5 Place the patient in the most comfortable position
  - 6 The physical therapist checks the patient's vital signs and body weight
  - 7 The physical therapist prepares the traction machine
    - 7.1 Intermittent cervical traction
      - 7.1.1 Prepare the occipital and mandibular harness.
      - 7.1.2 Place a pillow on the head part of the traction bed.
      - 7.1.3 Adjust the height of the traction machine (neck flexion of 20° - 30° must be achieved).
      - 7.1.4 Input maximum and minimum amount of tension to applied (amount should range from 7% - 10% of the patient's body weight), set treatment time, rest and hold time as specified by the physiatrist.
    - 7.2 Intermittent lumbar traction
      - 7.2.1 Prepare the thoracic and lumbar harness.
      - 7.2.2 *Place a pillow on the head part of the traction bed.*
      - 7.2.3 Adjust the height of the traction machine



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7.2.4 Input maximum and minimum amount of tension to be applied, (amount should range from 50% - 60% of the patient's body weight), *set treatment time, rest and hold time as specified by the physiatrist.*

8 The physical therapist examines the patient's status/posture before transferring him/her to the traction bed

9 If the patient is ready, he/she will be transferred to the traction bed and will be placed in a position comfortable to him/her.

9.1 Intermittent cervical traction

9.1.1 The patient should lie in supine (lying on you back).

9.1.2 The harness is placed under the occiput and mandible area.

9.1.3 Attach the harness to the traction cord of the machine through a spreader bar.

9.1.4 An initial test is done (PT pulls the spreader bar) before pressing the start button to ensure that the pull felt by the patient is more on the occupant area rather than on the mandibular area.

9.1.5 Gives to patient the Emergency Button in case he/she feels any pain or discomfort during the treatment time.

9.1.6 Press the start button and select the cervical mode icon.

9.1.7 Ask the patient for any discomfort during the pull. If he/she feels discomfort stop the treatment and re-adjust the harness/tension to ensure the force is properly applied


9.2 Intermittent lumbar traction

9.2.1 The patient should lie in supine (lying on your back).

9.2.2 The harness is placed under the thoracic and lumbar area.

9.2.3 Place the leg stool under patient's leg to create a 90°-90° hip and knee angle.

9.2.4 Attach the lumbar harness to the traction cord.


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- 9.2.5 An initial test is done (PT pulls the lumbar harness) before pressing the start button to ensure that the pull felt by the patient on the lumbar area.
  - 9.2.6 Gives to patient the Emergency Button in case he/she feels any pain or discomfort during the treatment time.
  - 9.2.7 Press the start button, select the lumbar mode icon, and loosen the traction bed.
  - 9.2.8 Ask the patient for any discomfort during the pull. If he/she feels discomfort stop the treatment and re-adjust the harness/tension to ensure the force is properly applied.
- 10 The machine will automatically stop after set treatment time, then select the No Saving Icon
  - 11 Remove the traction cord from the harness, as well as the harness from the patient's body, then turn off the machine
  - 12 After the procedure, patient's vital signs are taken and he/she gets off the bed, then transferred back to the wheelchair/bed.
  - 13 Schedule the patient for the next therapy session
  - 14 After care the machine
  - 15 The Physical Therapist performs proper Doffing of PPE
  - 16 Hand-washing protocol

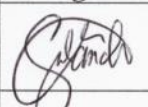
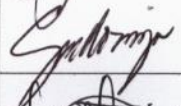
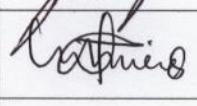
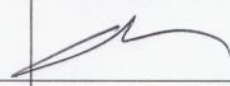

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Author



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**APPROVAL:**

	Name/Title	Signature	Date
Prepared by:	<b>MA. CLAUDETTE L. SOLANCHO, PTRP</b> PM&FC Staff		7/11/22
	<b>SUZETTE M. DOMINGO, PTRP</b> PM&FC Staff		7-11-22
Verified:	<b>MA. TERESA O. ANIERDES, PTRP, MBA-HA</b> PM&FC Supervisor		7/11/22
	<b>JOHN ANDREW B. SANCHEZ, MD, FPARM</b> Physiatrist		7/11/22
Reviewed by:	<b>DENNIS C. ESCALONA, RN, MN, FPSQua</b> Quality Assurance Supervisor		7/11/2022
Recommending Approval:	<b>ROSARIO D. ABARING, RN, MAN, PhD</b> Ancillary Services Division Officer		
	<b>FREDERIC IVAN L. TING, MD</b> OIC-Total Quality Division		
Final approved by:	<b>GENESIS GOLDI D. GOLINGAN</b> President & CEO		




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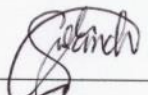
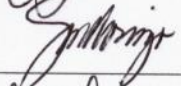
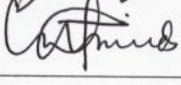
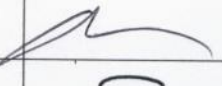

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KEY TASKS	PERSON RESPONSIBLE
1. Orders in patient's chart the application of intermittent traction to a specific area (cervical/lumbar) during evaluation.	Physiatrist
2. Reads patient's chart before treatment.	Physical Therapy Staff
3. Performs infection control measures before performing the procedure.	
4. Places the patient in the most comfortable position.	
5. Prepares the traction machine	
6. Examines the patient's status/posture before transferring him/her to the traction bed	
7. Transferred to the traction bed if the patient is ready and will be placed in a position comfortable to him/her.	
8. Takes patient's vital signs after the procedure then transfer the patient back to the wheelchair/bed.	
9. Schedules the patient for the next therapy session	
10. Does after care of the machine.	

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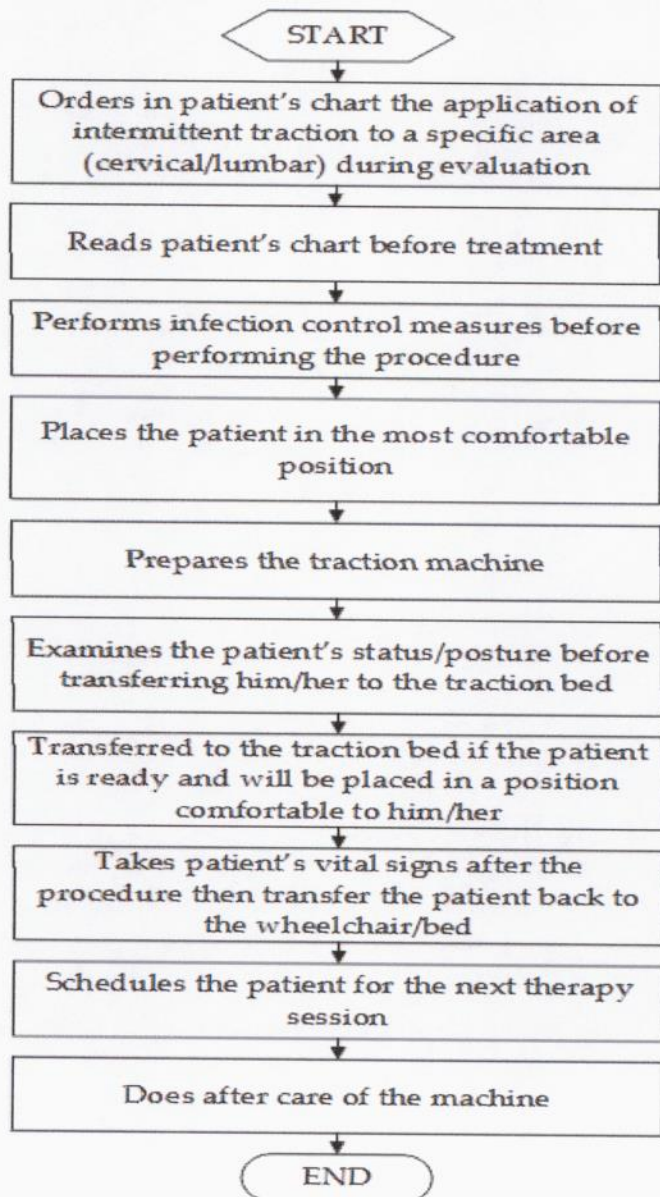


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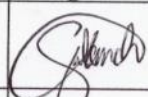
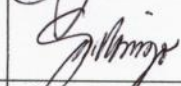
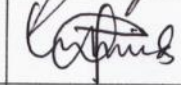
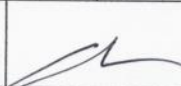

## FLOWCHART





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