

Axial Trac™ enhanced flexion distraction reduces pain levels in patients with lower back pain and lower extremity pain.

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**OBJECTIVE:** This investigation evaluated the effects of Axial Trac enhanced flexion distraction combined with spinal manipulation on lower back pain and radicular lower extremity pain.

**METHODS:** This is a review of seventeen patients with lower back pain and/or radicular lower extremity pain that completed ten treatments that included Axial Trac enhanced flexion distraction and spinal manipulation. Axial Trac is a manual flexion distraction table that combines selected amounts of long axis traction simultaneously with each flexion stroke. Patients completed visual analog pain questionnaires prior to the first treatment, after the fifth treatment and after the tenth treatment.

**RESULTS:** The seventeen patients reported an average 66.2% reduction of pain levels after five treatments and an average 74.2% reduction of pain levels after the tenth treatment.

**CONCLUSION:** In this investigation Axial Trac enhanced flexion distraction combined with spinal manipulation produced significant reduction in lower back and lower extremity pain levels. Further studies comparing Axial Trac enhanced flexion distraction and traditional flexion distraction are indicated.