

The effect of a new type of cervical traction for treatment of cervical disc symptoms

Authors:

Arieh Grober MD, Orthopaedic Surgeon – Spine Center, 28B De-Haaz, Tel Aviv, Israel.

Yigal Mirovsky MD, Orthopaedic Surgeon – Head of Spinal Unit – “Assaf Harofeh” Hospital, Zerifin, Israel

Ludvik Stabholz MD, PhD, Surgeon - Spine Center, Tel Aviv, Israel

Introduction

Various methods of traction for treatment of neck pain have existed for years, and even centuries. Many pathologies are involved in cervical pain syndromes, some of which are: degenerative, protrusion of the intervertebral disc, osteophyte, osteoarthritis and periarthritis of the facet joints, whiplash, torticollis and others. The pain experienced by these patients is a result of compression, inflammation and fibrosis of the nerve roots, and local interference with the blood supply to these roots. Clinical symptoms in these patients may include neck pain radiating to the upper limbs, chest tingling, headache and vertigo. Clinically, decreased range of motion, muscle stiffness and possible neuralgic deficit signs may be involved.

Apart from the use of analgesics and nonsteroid anti-inflammatory drugs (NSAIDs), for years medical opinion has been that cervical traction may also be utilized, usually with good results. However, all the available traction devices are complicated, and difficult to use. **The idea behind the CerviCo 2000™ was to develop a small, portable, one-size-fits-all and directly applied to the spine effective traction unit, specially designed to apply powerful, cervical, directly-controlled, symmetrical or asymmetrical traction.**

Patients and Methods

Fifty patients, 28 males and 22 females aged 24-56 years, were included in the study.

All patients were referred by the Israeli Medicare Insurance due to failure of other previous treatments, such as: transecto-nerve stimulation (TNS) heat massage, analgesics and NSAIDs, common traction methods, physiotherapy and alternative medicine. The patients were examined by our qualified orthopedic surgeon. The major complaints were:

1. Pain in the cervical region with or without radiation to the hands.
 2. Reduced range of motion (ROM).
 3. Headache, especially posterior.
- All patients presented their X-Rays, C.T., or MRI.

Method of Treatment

Each patient underwent 8-12 sessions of 10-15 minutes daily. In some patients, especially those with severe muscle spasm, TNS heat and massage were added prior to traction to relieve pain and decrease spasm, and to facilitate better traction performance. A patient whose history was chronic, was advised to continue home treatment for 6-12 weeks, twice daily according to their clinical needs. Patients who had an improvement in range of motion and had pain relief after completing the entire course were recommended to continue with preventive treatment twice weekly for 6-12 weeks.



CerviCo 2000™ applied to a patient

Results

After the initial treatment of 8-12 sessions, a definite improvement was found in 69.3% of patients. Six weeks after follow-up, they were able to conduct their normal daily lives and return to regular employment. 74.6% had definite improvement 12 weeks after follow-up, and they too were able to resume their normal daily activities and return to work without any difficulties. Eight patients were lost to follow-up. Four patients had an adverse response to traction that included dizziness and pain in the temporomandibular joint (TMJ).



Before

The X-ray result of patient No. 23, a student aged 24 years, who had neck pain and severe decrease in the range of motion (ROM).



During

After 10 minutes' traction, shows: Widening of the intervertebral space. Decompression of nerve root

Summary

CerviCo 2000™ is a unique cervical traction device, which provides vertical and upward distraction along the cervical lordosis. The investigation proved that only traction in such a direction produces a hyperextension force acting equally on all parts of the discs, thereby increasing the normal height of the intervertebral disc and restoring the normal intervertebral space. The use of this device was found most comfortable for the patient, often providing immediate improvement in discogenic pain, especially at C5-C6 levels. Similar to physiotherapy, reduction of cervical lordosis offered by the CerviCo 2000™ is an important step towards reduction of nerve root compression, which causes pain relief.

References

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