

# Flex Therapist CEUs

## Low Back Pain: Lumbar Traction

### **Assessment of variability in traction interventions for patients with low back pain: a systematic review**

**1. A previous study found that mechanical traction in combination with extension exercises can result in significant improvement in disability and fear-avoidance beliefs after \_\_\_\_\_ of treatment compared to extension exercises alone for patients with acute LBP and nerve root compression symptoms.**

- A. 1 session
  - B. 1 week
  - C. 2 weeks
  - D. 4 weeks
- 

**2. It was found that using inversion traction plus physical therapy in patients awaiting surgery for disc herniation, helped 100% of them avoid surgery compared to physical therapy alone that helped only 22% avoid surgery.**

- A. True
  - B. False
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**3. It has been reported that when prescribing the inversion traction for patients with chronic LBP, a tilt degree of the traction table of \_\_\_\_\_ resulted in improved levels of pain, spine flexibility, and trunk extensors strength compared to other tilt degrees.**

- A. 0
  - B. 30
  - C. 45
  - D. 60
- 

**4. Aquatic traction has been found to result in significant pain reduction and centralization of symptoms compared to land-based exercises in patients with chronic LBP associated with nerve root compression symptoms.**

- A. True
  - B. False
-

**5. Which of the following traction interventions have the capacity to generate specific forces and rhythms that can be quantified?**

- A. Mechanical traction
  - B. Manual traction
  - C. Auto-traction
  - D. Gravitational traction
- 

**6. Which of the following involves a traction force that is dependent on the skill and strength of the clinician?**

- A. Mechanical traction
  - B. Manual traction
  - C. Auto-traction
  - D. Gravitational traction
- 

**7. Which of the following involves a traction force that is dependent on the skill and strength of the patient?**

- A. Mechanical traction
  - B. Manual traction
  - C. Auto-traction
  - D. Gravitational traction
- 

**8. Which of the following involves a traction force that varies according to the patient's body weight and/or externally applied weight attachments?**

- A. Mechanical traction
  - B. Manual traction
  - C. Auto-traction
  - D. Gravitational traction
- 

**9. It has been officially determined that a traction force of 25% of body weight creates the separation between lumbar vertebra to be the level of traction force that is optimal and most therapeutic.**

- A. True
  - B. False
- 

**Lumbar Traction in the Management of Low Back Pain: A Survey of Latest Results**

**10. Traction mechanisms to relieve pain seems to do all of the following, except:**

- A. Separate the vertebrae
  - B. Increase lumbar strength
  - C. Remove pressure or contact forces from injured tissue
  - D. Reduce muscle spasm
- 

**11. The use of mechanical traction in the management of patients with chronic low back pain / degenerative spine disorders has generally not been endorsed by evidence-based practice guidelines.**

- A. True
  - B. False
- 

**12. Lumbar extension traction with stretching exercises and infrared radiation was statistically superior to stretching exercises and infrared radiation alone for improving all of the following in chronic mechanical LBP, except:**

- A. Oswestry Disability Index scores
  - B. The sagittal lumbar curve
  - C. Pain
  - D. Intervertebral movement
- 

**13. After measuring the outcome of conservative physical therapy with traction by using magnetic resonance imaging and clinical parameters in patients presenting with LBP caused by lumbar disc herniation, all of the following were found to be true, except:**

- A. Significant improvements in clinical outcomes between baseline and follow-up periods.
  - B. Significant increases in lumbar movements between baseline and follow-up periods.
  - C. Significant reductions of size of the herniated mass in some patients.
  - D. Clinical improvement is correlated with the findings of the magnetic resonance imaging.
- 

**14. Compared to those given only a physical therapy program, those given a physical therapy program and continuous lumbar traction, statistically relevant improvements led to which of the following conclusions about lumbar traction?**

- A. Lumbar traction is effective in improving symptoms and clinical findings in patients with lumbar disc herniation.
- B. Lumbar traction is effective in decreasing the size of the herniated disc material as measured by computed tomography.
- C. Lumbar traction is both effective in improving symptoms and clinical findings in patients with lumbar disc herniation and in decreasing the size of the herniated disc material as measured by

computed tomography.

D. Lumbar traction did not show statistically relevant improvements among those with lumbar disc herniation.

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**15. How many lumbar extensions, in addition to stretching exercises and infrared radiation, were found to improve the spine sagittal balance parameters and decrease the disability in those with chronic mechanical LBP?**

- A. 1
  - B. 5
  - C. 10
  - D. 30
- 

**16. Traction applied in the supine position for 8 weeks is associated with clinical improvements until the end of the follow-up, 180 days after discharge.**

- A. True
  - B. False
- 

**17. All of the following were main adverse effects of inversion traction, except for:**

- A. Short-term exacerbation of symptoms
  - B. Cauda equina symptoms
  - C. Pain on release of traction
  - D. Headache
- 

**18. Lumbar traction seems to produce positive results in nerve root compression symptoms.**

- A. True
  - B. False
- 

**19. To date, the use of lumbar traction therapy alone in LBP management is not recommended by the best available evidence.**

- A. True
  - B. False
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**Multiple Impulse Therapy and Saunders Lumbar Traction Methods in the Treatment of Low Back Pain: A Randomized Controlled Trial**

**20. Limited spinal mobility is the major complaint concerning the spine.**

- A. True
  - B. False
- 

**21. The decompression of the \_\_\_\_\_ may result in the reduction of excessive tension of adjacent muscles of the spine and in pain relief.**

- A. Intervertebral disc
  - B. Nerve root
  - C. Paraspinal soft tissue structures
  - D. Intervertebral disc, nerve root, and paraspinal soft tissue structures
- 

**22. One of the main tasks of traction is to decompress the:**

- A. Nerve roots
  - B. Intervertebral foramina lumen
  - C. Paraspinal muscles
  - D. Protruded disc
- 

**23. Which of the following was observed in all patients that underwent Saunders lumbar traction for disc herniation with symptoms of unilateral pain radiating to the lower limb and muscle weakness on the side of pain?**

- A. A reduction of disc protrusion
  - B. Relief of radicular pain
  - C. Both a reduction of disc protrusion and relief of radicular pain
  - D. There were no significant changes
- 

**24. Saunders proposed a traction force of \_\_\_\_\_ pounds as most optimal.**

- A. 20
  - B. 40
  - C. 60
  - D. 80
- 

**25. When compared to before traction, X-ray findings revealed the increase of intervertebral disc space after traction using the Saunders device.**

- A. True
  - B. False
-

**26. Many patients reported malaise during a few minutes' session when using the Saunders axial traction device. These were usually patients with:**

- A. Obesity
  - B. Congestive heart failure
  - C. Chronic obstructive pulmonary disease
  - D. Diabetes
- 

**27. The main goal of the Multiple Impulse Therapy is:**

- A. Widen the intervertebral foramina lumen
  - B. Normalization of increased paraspinal muscle tension
  - C. Stretch the intervertebral spaces
  - D. Decompress the nerve root
- 

**28. Lower levels of ODI were noted for patients treated with the Saunders method as compared to Multiple Impulse Therapy, meaning that the Saunders method gives better results than the Multiple Impulse Therapy treatment.**

- A. True
  - B. False
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