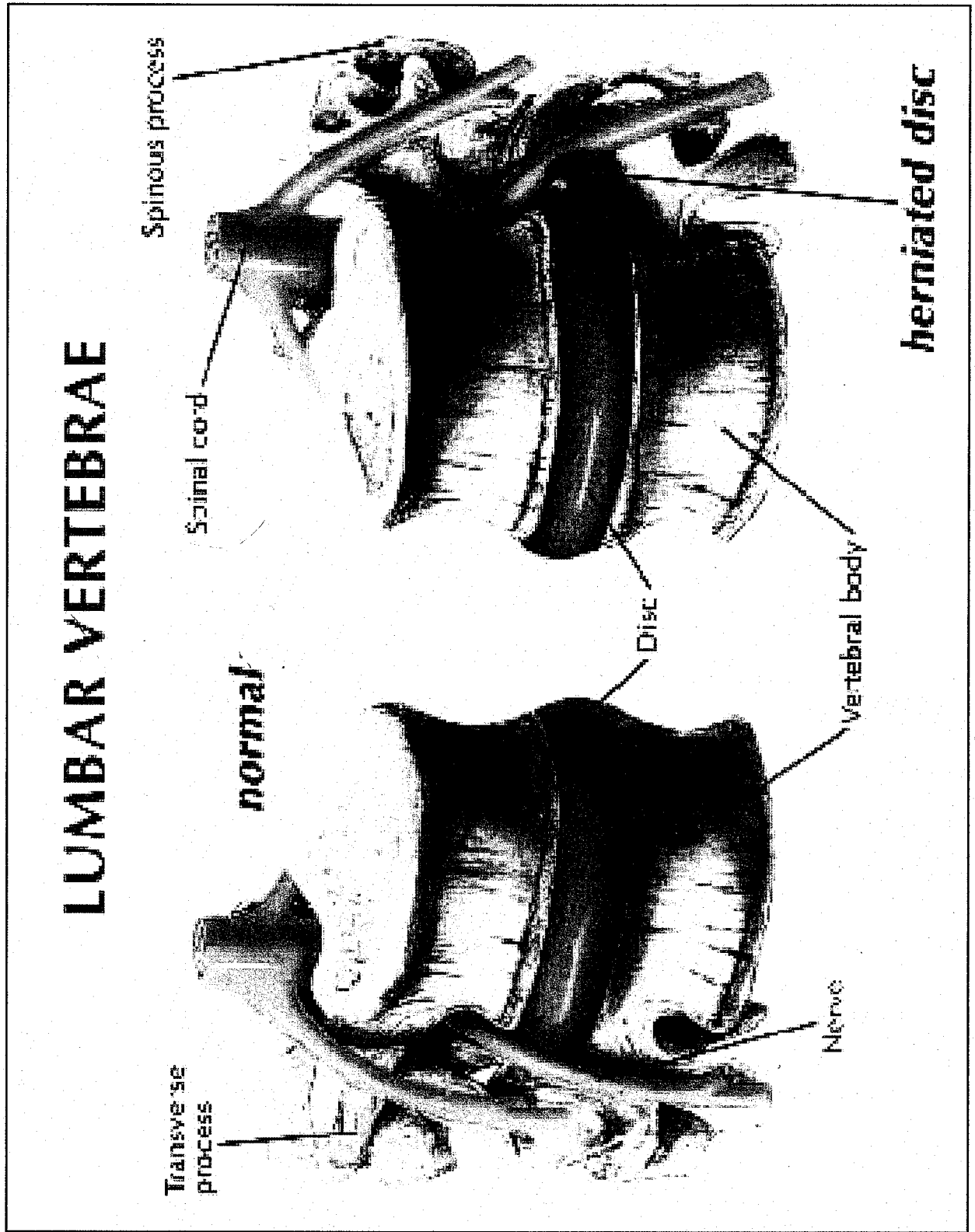


Herniated Discs Protocol

HERNIATED DISCS:...

Herniated discs respond most favorably when MRI shows lateral herniation with impingement. Sciatica usually resolves in the first week with adequate treating pressure. Mild central bulging takes a longer treatment time and likely some adjustments to air bladder pressure or angle of distraction. Patients with multiple herniations may require additional sessions but should respond well to treatment.



Herniated Discs Protocol: L5-S1



L5-S1 INJURY

CHRONIC PAIN

- Treatment Time: 25-30 minutes
- Progressive Time: 60 seconds
- Regressive Time: 60 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

Tension Weight:
Initial: 1/2 body weight minus 10-25 lbs.

Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 10 degrees

At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

ACUTE PAIN

- Treatment Time: 25-30 minutes
- Progressive Time: 120 seconds
- Regressive Time: 120 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

Tension Weight:
Initial: 1/2 body weight minus 10-25 lbs.

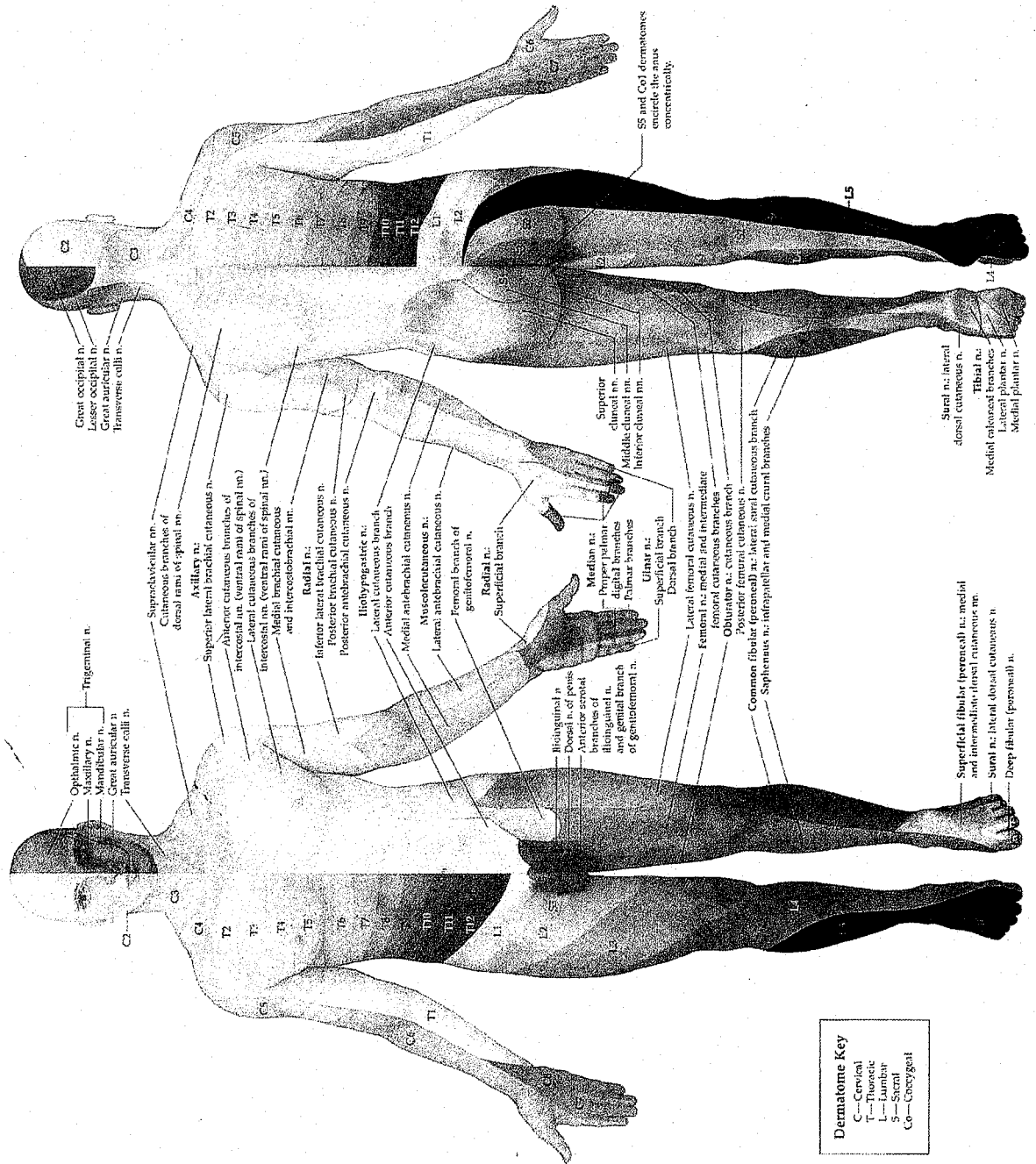
Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 10 degrees

At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

LUMBAR HERNIATED DISC PAIN PATTERNS: The pattern of pain below is in the distribution of the S1 nerve root. This nerve root can be injured as a result of a disc herniation at L5-S1.



Herniated Discs Protocol: L4-L5

L4-L5 INJURY

CHRONIC PAIN.....

Treatment Time: 25-30 minutes
Progressive Time: 60 seconds
Regressive Time: 60 seconds
High Hold: 60 seconds
Low Hold: 30 seconds

Tension Weight:
Initial: 1/2 body weight
 minus 10-25 lbs.

Target: 1/2 body weight
 plus up to 25 lbs.

Initial tension increases every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 20 degrees
At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

ACUTE PAIN.....

Treatment Time: 25-30 minutes
Progressive Time: 120 seconds
Regressive Time: 120 seconds
High Hold: 60 seconds
Low Hold: 30 seconds

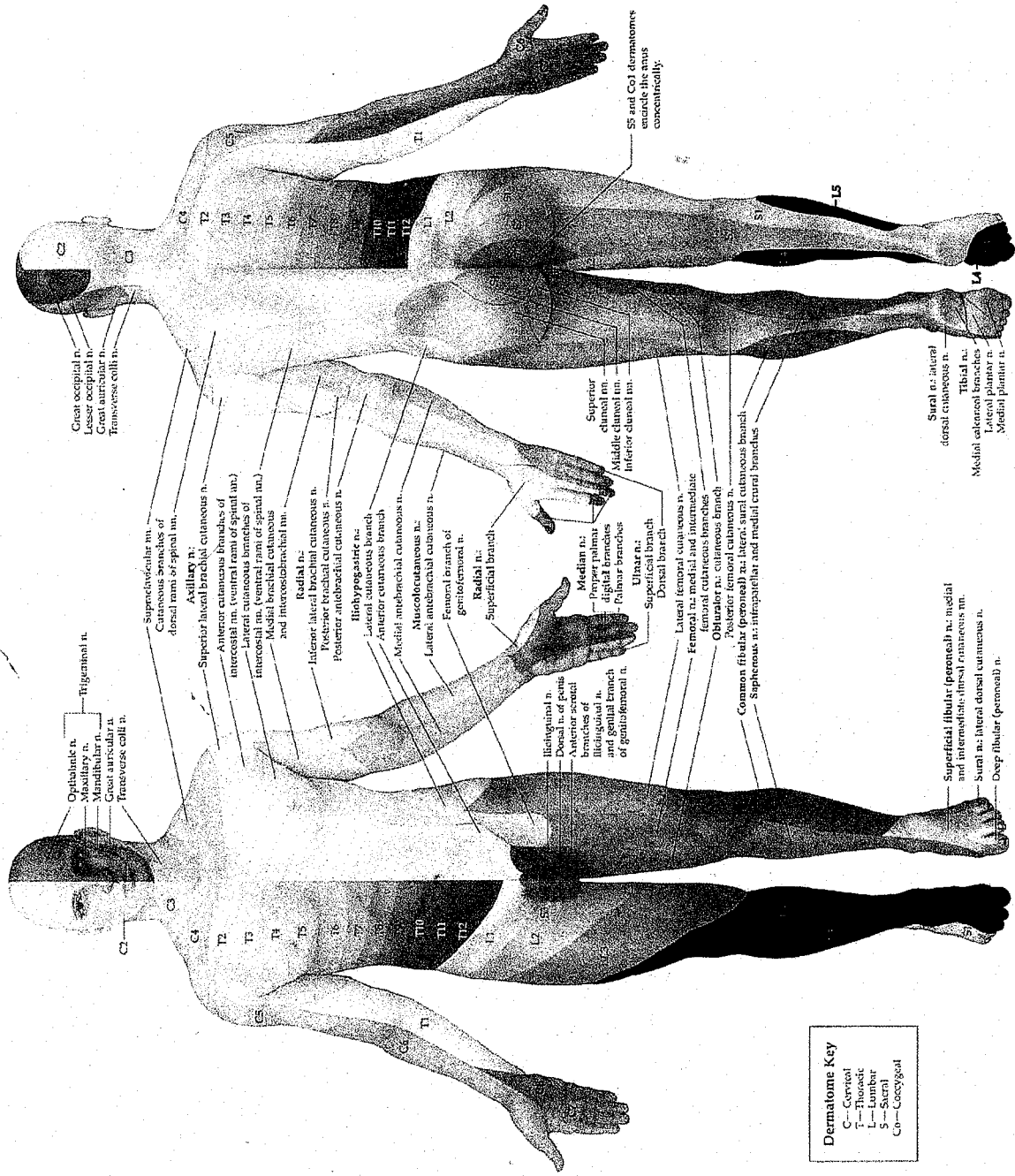
Tension Weight:
Initial: 1/2 body weight
 minus 10-25 lbs.

Target: 1/2 body weight
 plus up to 25 lbs.

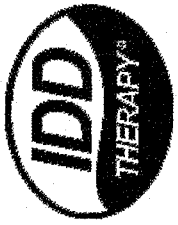
Initial tension increases every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 20 degrees
At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

LUMBAR HERNIATED DISC PAIN PATTERNS: The pattern of pain below is in the distribution of the S1 nerve root. This nerve root can be injured as a result of a disc herniation at L4-L5.



Dermatome Key	
C	Cervical
T	Thoracic
L	Lumbar
S	Sacral
Co	Coccygeal



Herniated Discs Protocol: L3-L4

L3-L4 INJURY

CHRONIC PAIN

- Treatment Time: 25-30 minutes
- Progressive Time: 60 seconds
- Regressive Time: 60 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

- Tension Weight: 1/2 body weight minus 10-25 lbs.
- Initial: 1/2 body weight plus up to 25 lbs.
- Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 20 degrees
 At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

ACUTE PAIN

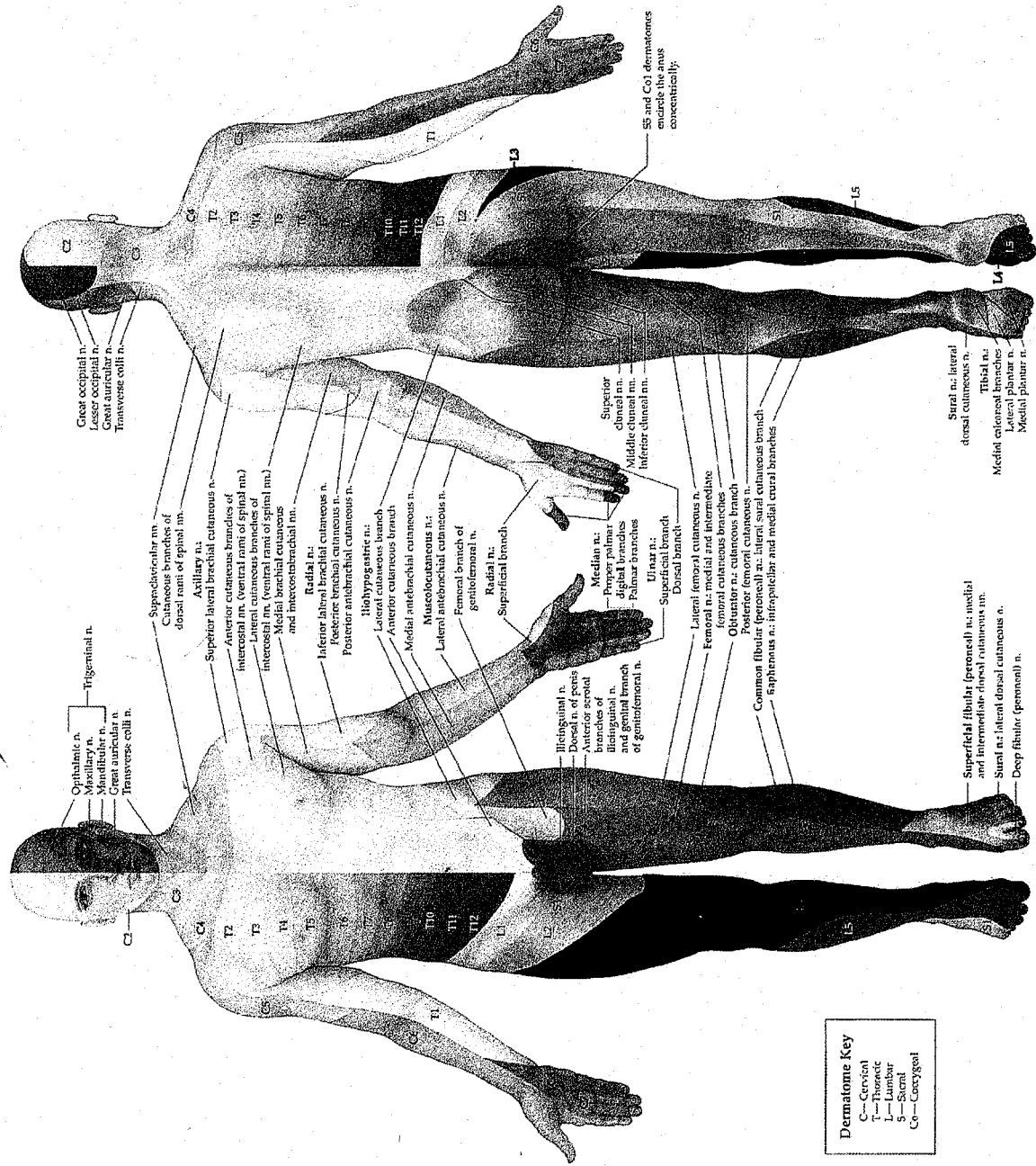
- Treatment Time: 25-30 minutes
- Progressive Time: 120 seconds
- Regressive Time: 120 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

- Tension Weight: 1/2 body weight minus 10-25 lbs.
- Initial: 1/2 body weight plus up to 25 lbs.
- Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 20 degrees
 At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

LUMBAR HERNIATED DISC PAIN PATTERNS: The pattern of pain below is in the distribution of the S1 nerve root. This nerve root can be injured as a result of a disc herniation at L3-L4.



Dermatome Key	
C	Cervical
T	Thoracic
L	Lumbar
S	Sacral
C6	Coccygeal

Herniated Discs Protocol: L2-L3

L2-L3 INJURY

CHRONIC PAIN

- Treatment Time: 25-30 minutes
- Progressive Time: 60 seconds
- Regressive Time: 60 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

Tension Weight:

- Initial: 1/2 body weight minus 10-25 lbs.
- Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 30 degrees

At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

ACUTE PAIN

- Treatment Time: 25-30 minutes
- Progressive Time: 120 seconds
- Regressive Time: 120 seconds
- High Hold: 60 seconds
- Low Hold: 30 seconds

Tension Weight:

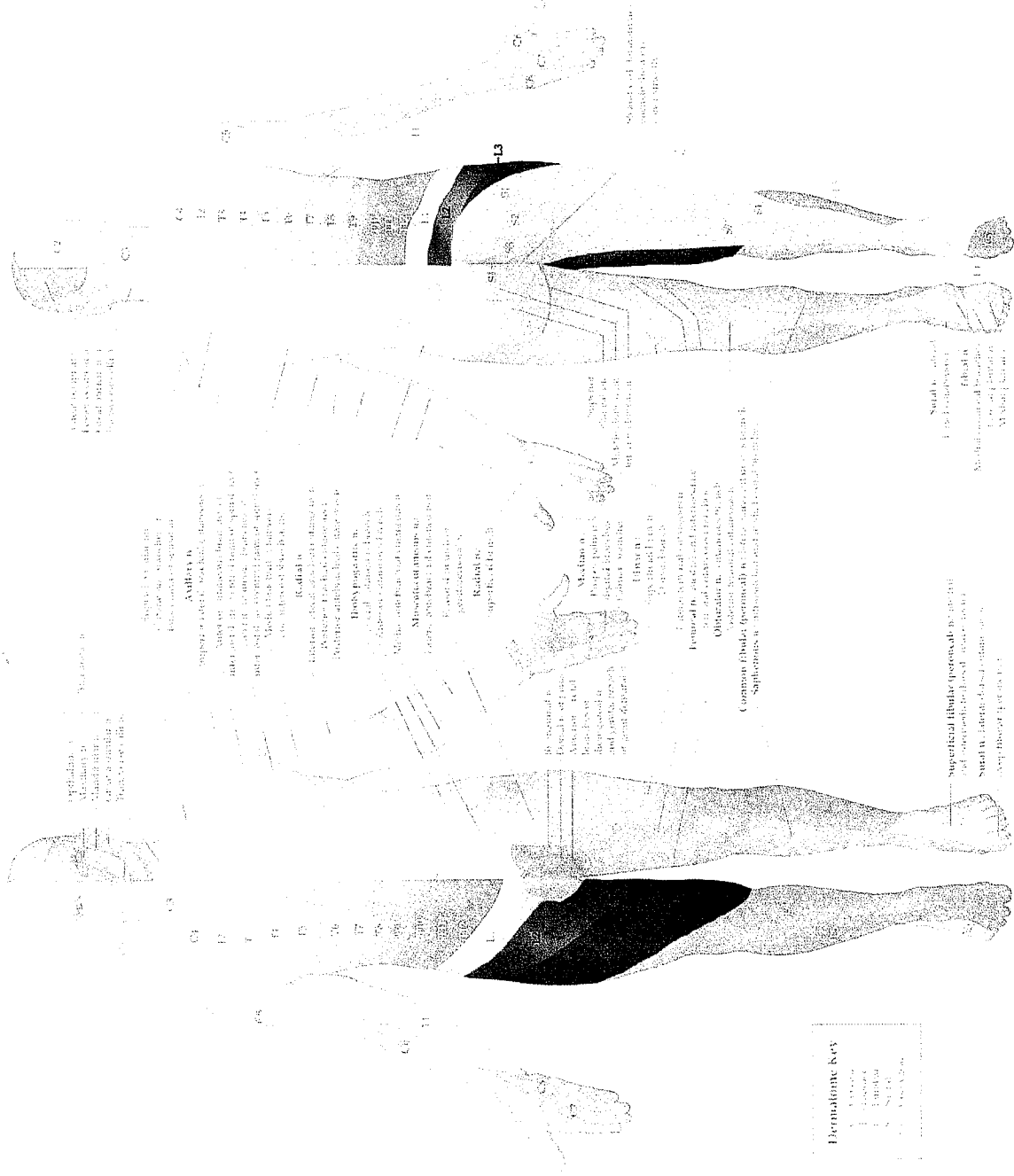
- Initial: 1/2 body weight minus 10-25 lbs.
- Target: 1/2 body weight plus up to 25 lbs.

Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 30 degrees

At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

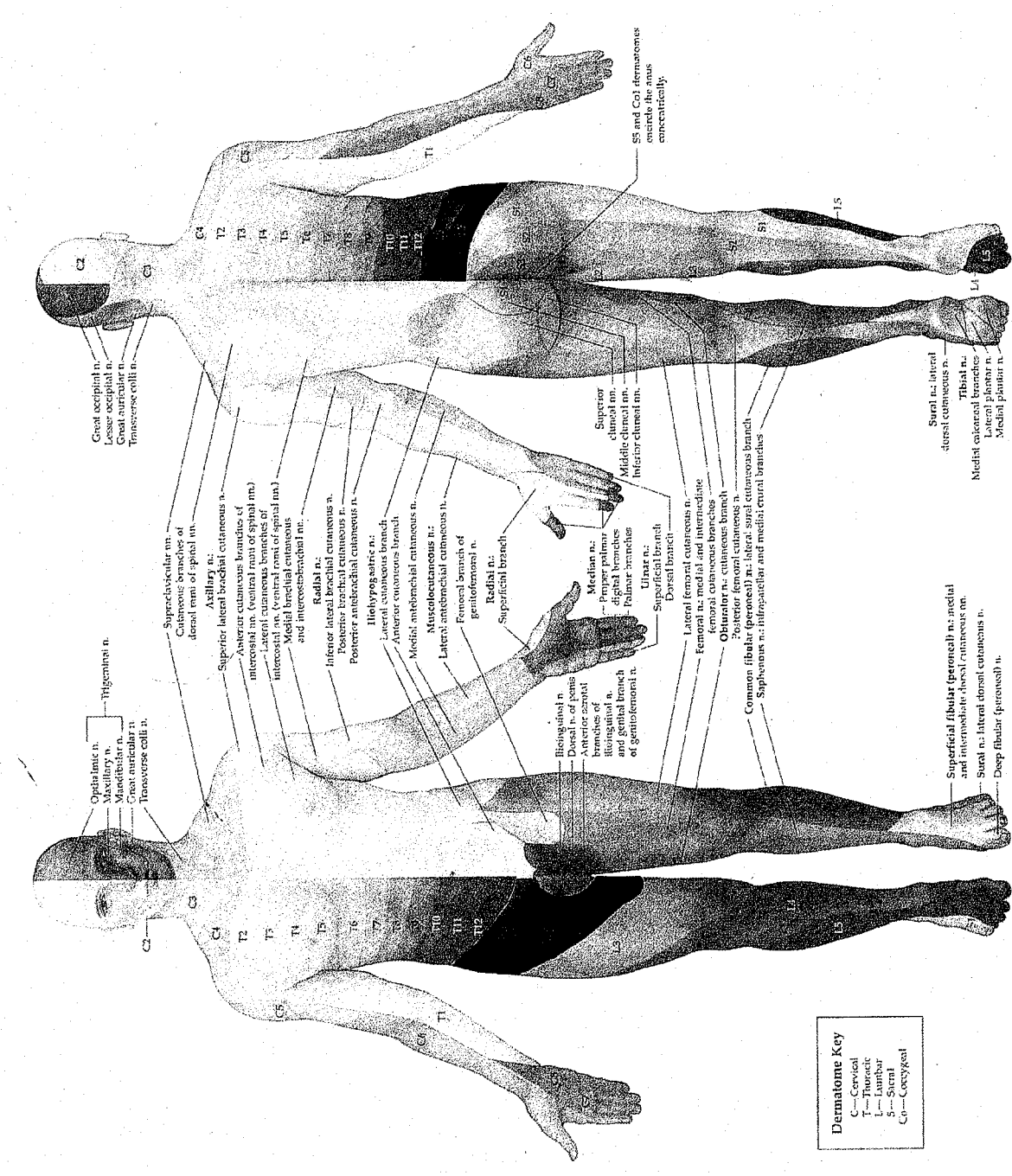
LUMBAR HERNIATED DISC PAIN PATTERNS: The pattern of pain below is in the distribution of the S1 nerve root. This nerve root can be injured as a result of a disc herniation at L2-L3.





Herniated Discs Protocol: L1-L2

LUMBAR HERNIATED DISC PAIN PATTERNS: The pattern of pain below is in the distribution of the S1 nerve root. This nerve root can be injured as a result of a disc herniation at L1-L2.



Dermatome Key
 C—Cervical
 T—Thoracic
 L—Lumbar
 S—Sacrocaudal
 C₆₁—Coccygeal

L1-L2 INJURY

CHRONIC PAIN

Treatment Time: 25-30 minutes
Progressive Time: 60 seconds
Regressive Time: 60 seconds
High Hold: 60 seconds
Low Hold: 30 seconds
Tension Weight:
Initial: 1/2 body weight minus 10-25 lbs.
Target: 1/2 body weight plus up to 25 lbs.
Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 30 degrees
At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

ACUTE PAIN

Treatment Time: 25-30 minutes
Progressive Time: 120 seconds
Regressive Time: 120 seconds
High Hold: 60 seconds
Low Hold: 30 seconds
Tension Weight:
Initial: 1/2 body weight minus 10-25 lbs.
Target: 1/2 body weight plus up to 25 lbs.
Initial tension increases may be adjusted in 5-lb. increments every 3 or 4 treatment sessions to achieve goal.

Angle of Distraction: 30 degrees
At the end of each treatment session, apply the Cold Pak to the lumbar region for 15-20 minutes.

Cervical Protocol

C2-C3 INJURY

CHRONIC PAIN

Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 60 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

Tension Weight:

Patient Weight (lbs)	Starting Tension (lbs)
Less than 100	12
100-150	15
151-200	18
201-250	20
Greater than 250	24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 5-10 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.

ACUTE PAIN

Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 120 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

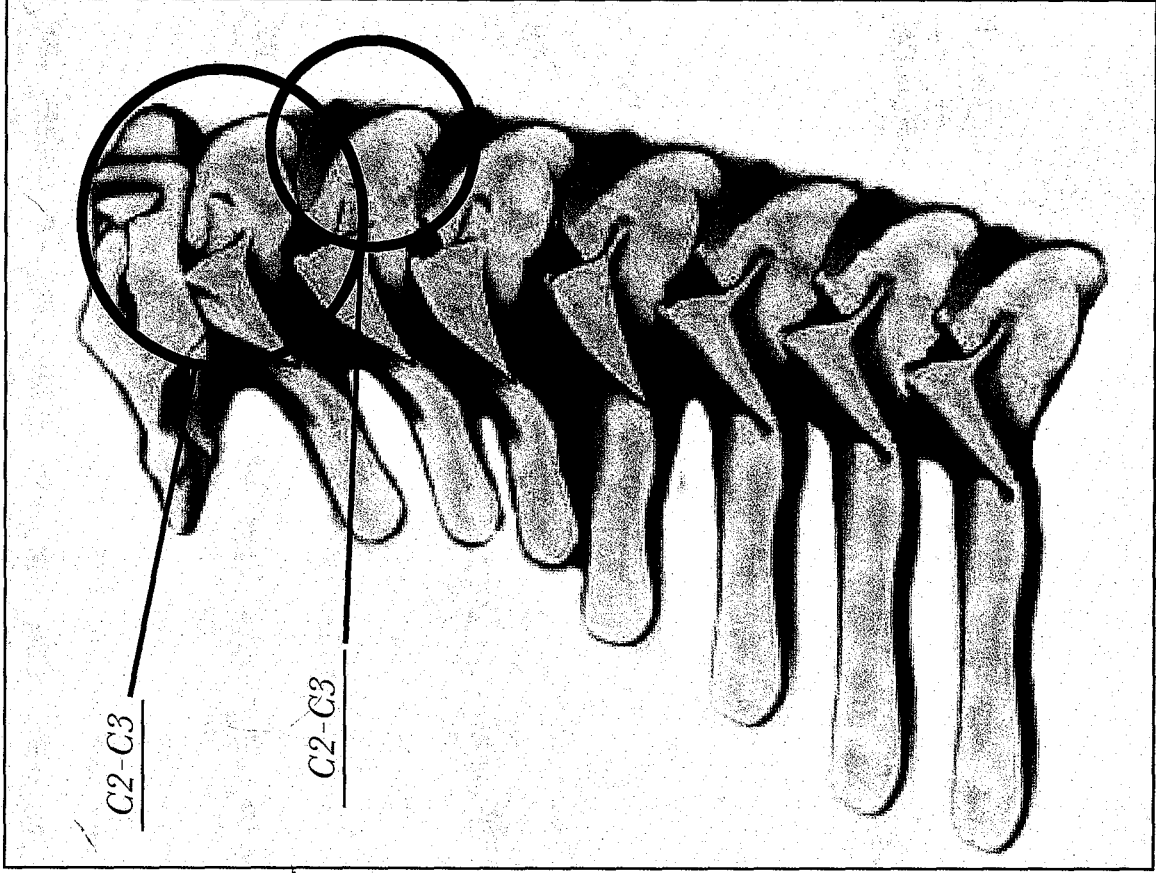
Tension Weight:

Patient Weight (lbs)	Starting Tension (lbs)
Less than 100	12
100-150	15
151-200	18
201-250	20
Greater than 250	24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 5-10 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.





Cervical Protocol (Herniated Discs)

C3-C4/C4-C5 INJURY

CHRONIC PAIN

Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 60 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

Tension Weight:
 Patient Weight (lbs) Starting Tension (lbs)
 Less than 100 12
 100-150 15
 151-200 18
 201-250 20
 Greater than 250 24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 10-15 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.

ACUTE PAIN

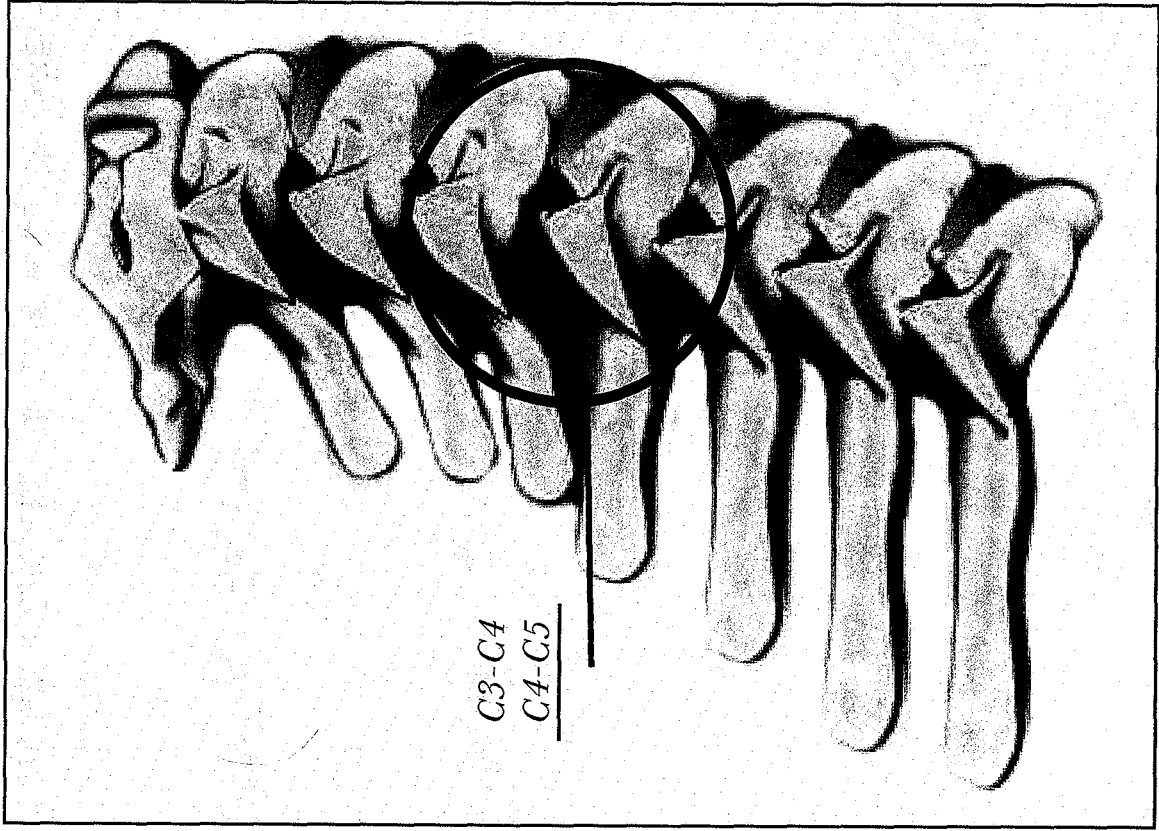
Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 120 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

Tension Weight:
 Patient Weight (lbs) Starting Tension (lbs)
 Less than 100 12
 100-150 15
 151-200 18
 201-250 20
 Greater than 250 24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 10-15 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.



C3-C4
 C4-C5

Cervical Protocol (Herniated Discs)

C5-C6/C6-C7/C7-T1 INJURY

CHRONIC PAIN.....

Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 60 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

Tension Weight:

Patient Weight (lbs)	Starting Tension (lbs)
Less than 100	12
100-150	15
151-200	18
201-250	20
Greater than 250	24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 15-20 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.

ACUTE PAIN.....

Treatment Time: 25-30 minutes
 Progressive Time: 120 seconds
 Regressive Time: 120 seconds
 High Hold: 60 seconds
 Low Hold: 30-60 seconds

Tension Weight:

Patient Weight (lbs)	Starting Tension (lbs)
Less than 100	12
100-150	15
151-200	18
201-250	20
Greater than 250	24

- The treatment tension, however, should also be adjusted according to patient comfort.
- The tension may be adjusted to a maximum of 24 pounds if the patient is not receiving relief within the first few days.

Angle of Distraction: 15-20 degrees

- Adjust the treatment angle by 5-10 degrees depending on the lordosis/kyphosis.

