Mechanical traction for neck pain with or without radiculopathy (2008)

Overview of the study

Objectives
• To assess the effects of mechanical traction for neck disorders

Methods
• Evidence current up to 30 March 2008
• Participants: Adult (>=18 years) with acute, sub-acute or chronic neck disorders*
• Intervention: Mechanical traction techniques, alone or combined with other therapies
• Outcomes measured: Pain relief, functional or disability measures (including work-related disability), return-to-work, patient satisfaction, global perceived effect, QOL

* Categorized as neck disorders with radicular symptoms including WAD Grade 3; neck disorders with headache; neck disorders including WAD Grades 1 and 2
Results & Conclusion

- Seven RCTs (958 participants) included.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Evidence</th>
<th>Quality of evidence</th>
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</thead>
<tbody>
<tr>
<td>Continuous traction</td>
<td>No statistically significant difference between continuous traction and placebo traction in reducing pain or improving function</td>
<td>Low</td>
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<tr>
<td>Intermittent traction</td>
<td>More effective than exercise, heat and patient education for reducing pain</td>
<td>Low</td>
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There is no evidence that supports or refutes the efficacy or effectiveness of either continuous or intermittent traction for neck pain.