

Traction for low-back pain with or without sciatica (2013)

Inge Wegner, Indah S Widyahening, Maurits W van Tulder, Stefan El Blomberg, Henrica CW de Vet, Gert Brønfort, Lex M Bouter, Geert J van der Heijden



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Overview of the study

Objectives

- To assess the effects of traction compared to placebo, sham traction, reference treatments and no treatment in people with LBP

Methods

- Evidence current up to 24 August 2012
- Participants: Adults (≥ 18 years) treated for LBP; in the acute, subacute or chronic phases, with or without sciatica
- Intervention: Any type of traction
- Outcomes measured: Pain intensity, back-pain-specific functional status, a global measure of improvement, return-to-work

Results & Conclusion

- 32 RCTs (2762 participants) included.

Intervention	Evidence	Quality of evidence
Traction	Little or no difference in effects compared to placebo, for patients with mixed symptom patterns (acute, subacute, chronic LBP with/without sciatica)	Low to Moderate
	Combination of physiotherapy makes little or no difference in effects compared to traction with other treatments	Very low to Moderate
	No effects for patients with acute, subacute or chronic pain with sciatica	Low to Moderate
	Little or no difference in effects compared to sham treatment for patients with chronic LBP without sciatica	Moderate

⇒ Traction (either alone or in combination with other treatments) has little or no effects for patients with LBP