

Bölüm 6

FİZYOTERAPİDE TEMEL MEKANOTERAPİ UYGULAMALARI

Musa ÇANKAYA¹

SPİNAL TRAKSİYON (SERVİKAL VE LUMBAR)

Terminoloji ve Tanım

Traksiyon: Traksiyon, mekanik güç kullanarak omurganın inferosuperior eksenini boyunca lumbar veya servikal vertebraları ayıran herhangi bir yöntemi ifade etmek için kullanılan terimdir (1). Vertebralarda ve periferik eklemlerde distraksiyon kuvveti sağlamak için yapılan tedavi yöntemidir (2). Traksiyon ve distraksiyon birbiriyle ilişkili olsa da farklı anlamlar içermektedir.

Traksiyon çekme (ayrılma) süreci olarak tanımlanır (3). Bu esnada yumuşak dokular gerilir eklem aralığı genişler ve vertebralar birbirinden ayrılır (4). Traksiyonun amacı spinal segmentlerin birbirinde uzaklaşmasını sağlayarak distraksiyon meydana getirmektir. Traksiyonda yaygın olarak servikal ve lumbar spinal traksiyon kullanılır (5,6) (Resim 1).



Resim 1: Servikal ve Lumbar Traksiyon

Açılma (Distraksiyon): Eklem yüzlerinin yaralanma veya dislokasyon olmaksızın birbirlerinden ayrılmasıdır. Traksiyonun son noktasıdır (2).

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ESWT Kontrendikasyonları

Malign tümörler, pıhtılaşma bozuklukları, nörolojik hastalıklar, gebelik, aktif enfeksiyonu olan hastalar, kalp pili kullananlar, akciğerler, kranium ve vertebral kolon üzerine uygulanmamalıdır (86).

Komplikasyonlar

Deride kızarıklık ve irritasyon, ağrı ve rahatsızlık hissi, hematom, kanama, ödem, migren atağı, senkop, mide bulantısı gibi olumsuz etkiler bazı olgularda görülebilmektedir (87).

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