



HILLSTAR
INTEGRATED HEALTH

Traction System
TM-400



ITD
PHYSIOTHERAPY
DIGITALIZATION

Patient Resources for Traction Therapy



Traction Therapy: Supporting Spinal Comfort, Mobility, and Ease of Movement

When spinal discomfort or stiffness persists, even simple movements such as sitting, standing, walking, or bending can begin to feel challenging. Ongoing pressure through the spine may also contribute to daily activities feeling uncomfortable or increasingly fatiguing over time.

In some cases, gentle, supported decompression of the spine can help relieve pressure and improve ease of movement as part of a broader, integrated care plan. Traction therapy is one of the ways HillStar Integrated Health supports spinal comfort and mobility when clinically appropriate.

Understanding Traction Therapy

Traction therapy is a treatment technique used at HillStar Integrated Health to apply gentle, controlled stretching to the spine using a specialised traction table. The process is carefully guided and monitored throughout treatment, with comfort and safety remaining central considerations.

Rather than forcing the spine into a new position, traction therapy is intended to create a gradual unloading effect. This approach may help reduce pressure on spinal discs and surrounding nerves, allowing tissues to relax while movement begins to feel more comfortable as the body responds over time.





How Traction Therapy May Support the Spine

When used appropriately, traction therapy may help support spinal comfort and mobility in several ways, including:

- ✦ Reducing pressure on spinal discs and surrounding neural structures
- ✦ Easing discomfort associated with spinal compression or stiffness
- ✦ Supporting improved spinal movement and flexibility
- ✦ Promoting ease during rehabilitation and movement-based care

Traction is delivered in a gradual, controlled manner, with treatment settings tailored to your comfort and response throughout each session.

When Traction Therapy May Be Considered

Traction therapy may be used as part of care for certain spinal or movement-related concerns, based on clinical assessment and how your body responds to treatment.

It is not appropriate for everyone and is only recommended when it aligns with your health history, presentation, and overall care goals. For this reason, traction therapy is always considered within the context of your full treatment plan rather than as a standalone approach.





What to Expect During a Traction Therapy Session

During a traction session, you will be positioned comfortably on the traction table while gentle stretching is applied to the spine. The amount of stretch, positioning, and duration are carefully adjusted based on your comfort and response throughout the session.

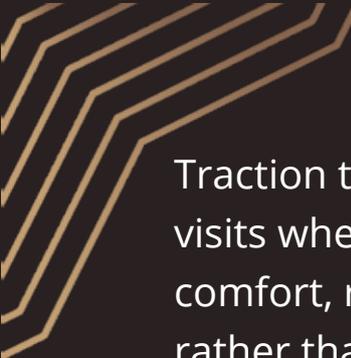
Sessions are supervised at all times, and adjustments are made as needed to ensure the experience remains supportive and well tolerated. Traction may be applied intermittently or for short periods and is often incorporated into a broader appointment alongside other therapies. Many patients describe traction therapy as relaxing or relieving, particularly when pressure or stiffness has been affecting how they move.

What to Expect After a Traction Therapy Session

Following a traction session, some individuals notice a sense of relief, lightness, or improved ease of movement through the spine. Others may experience mild soreness or a stretched sensation, similar to how the body can feel after a gentle, supported stretch. These responses are generally short-lived and part of how the body adapts to decompression.

In the days following treatment, traction therapy may help support comfort and tolerance to movement, particularly when used alongside hands-on care and rehabilitation. Individual response can vary, and your care team will monitor how your body responds over time.





Traction therapy is often incorporated across a short course of visits when appropriate, with frequency and duration guided by comfort, response, and how it fits into your overall treatment plan rather than a fixed schedule.

Traction Therapy as Part of Integrated Care at HillStar

At HillStar, traction therapy is never used as a standalone treatment. When included, it may be incorporated into a chiropractic or physiotherapy treatment plan alongside manual therapy, rehabilitation exercises, and other supportive modalities.

Traction therapy is used to complement — not replace — active care approaches, helping create comfort and reduce pressure so that hands-on treatment, movement retraining, and rehabilitation can be more effective.

This integrated approach allows care to address spinal comfort, movement quality, and functional goals together, rather than focusing on a single technique in isolation.

Traction Therapy in Everyday Movement and Recovery

For some individuals, traction therapy may help reduce discomfort while improving tolerance to movement. This support can make it easier to participate in rehabilitation, daily activities, and ongoing care as recovery progresses.



By supporting ease of movement and spinal comfort, traction therapy can help create space for more active treatment approaches and a gradual return to movement over time.

Important Notes

Traction therapy is an adjunctive modality used when clinically appropriate. It does not provide medical diagnoses or guarantee outcomes, and individual response may vary.

If you're unsure whether traction therapy may support your care, speak with our team — we're happy to help and answer your questions.



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