

DRX 9000, VAX-D Spinal Decompression and Spinal Traction Devices

Over the past two years, mechanical traction devices have gained popularity as an option for the treatment of back pain, herniated discs and neck pain. They are often advertised in the local newspaper. These machines are a way to deliver traction to the spine. The idea is that by applying traction, back pain can be relieved and disc herniations can be fixed.

Patients should be aware that this type of treatment is usually not covered by health insurance, and treatments can cost from \$2000–5000 because patients sometimes require up to 20 treatments.

Position Statement

The Agency for Healthcare Quality and Research concluded that there is **not enough evidence in the literature to support that it works** for chronic back pain.

Jurecki–Tiller M, Bruening W. et al., Decompression therapy for the treatment of lumbosacral pain. Agency for Healthcare Research and Quality. April 26, 2007.