

Traction vs. Distraction

Traction vs. Distraction

Traction

- pulling something along a surface

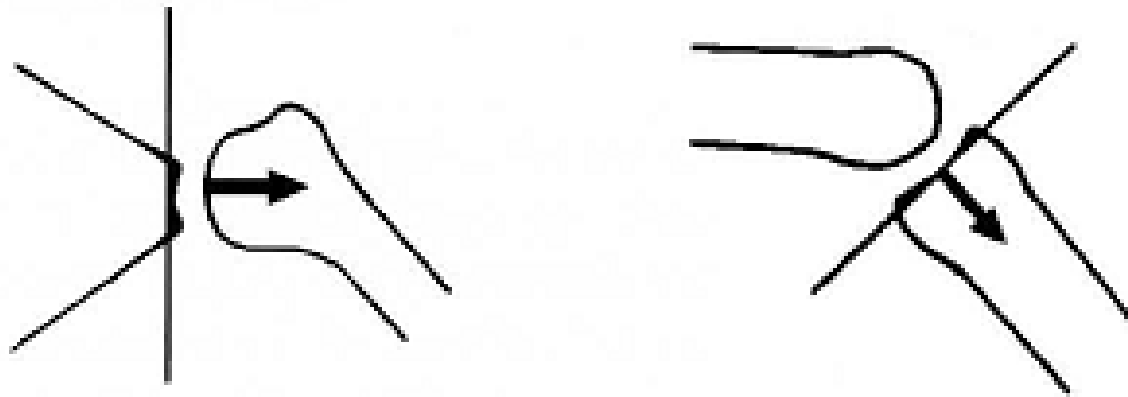
Distraction

- separation of joint surfaces

- For **distraction** to occur within the joint, the surfaces must be pulled apart. The movement is not always the same as pulling on the long axis of one of the bony partners.
- For example, if traction is applied to the shaft of the humerus, it will result in a glide of the joint surface. *Distraction of the glenohumeral joint requires a pull at right angles to the glenoid fossa.*
- For clarity, whenever there is pulling on the long axis of a bone, the term *long-axis traction will be used*. *Whenever the surfaces are to be pulled apart at right angles, the terms distraction, joint traction, or joint separation will be used.*

- words **Traction and distraction** are used synonym in many books
- **Traction and distraction** both are used for joint separations (one of joint play movements)
- **Distraction** is a separating force at right angle to treatment plane in keltenborn, he also used the term traction for same force
- **Traction** is applied at long axis to bone and there is some degree of glide also present.

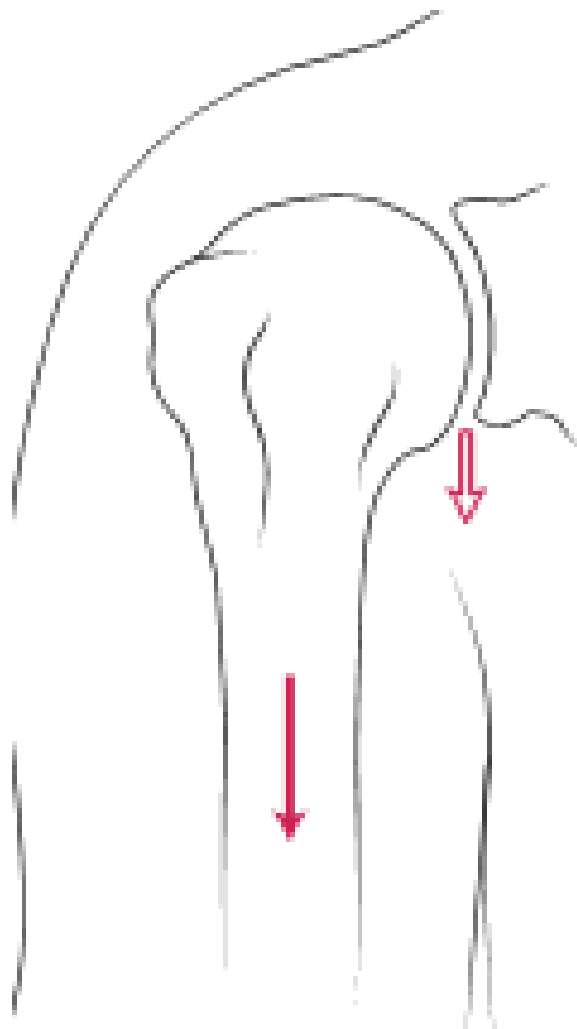
Distraction



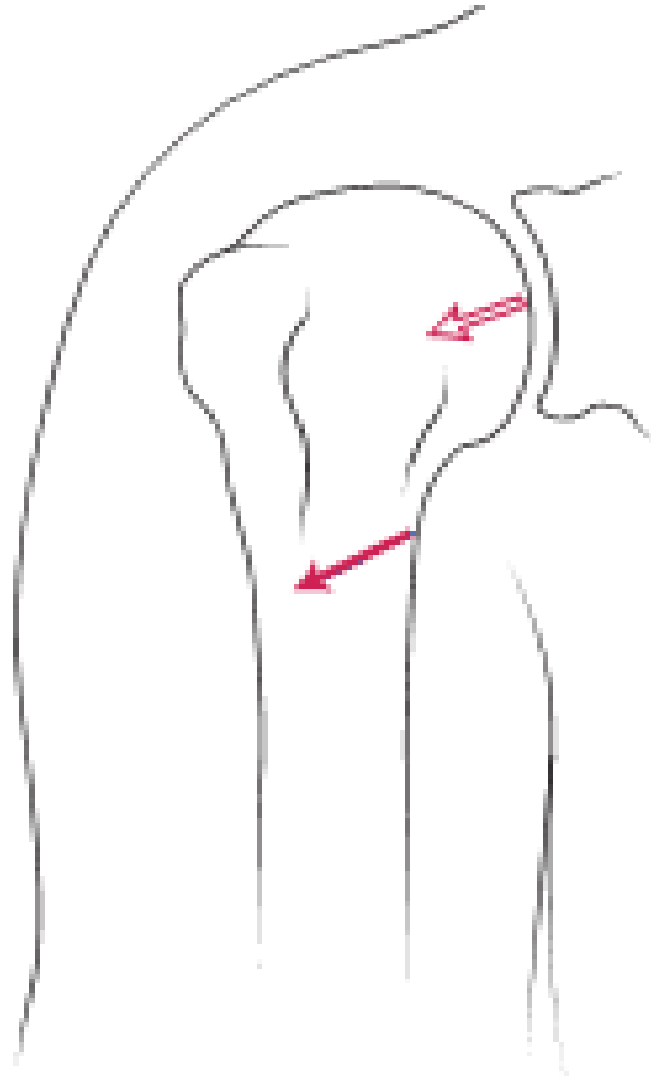
Bone movement at a right angle to and away from the

Keltenborn also used term the traction for same movements

Traction



Distraction



Tractions vs. Distraction

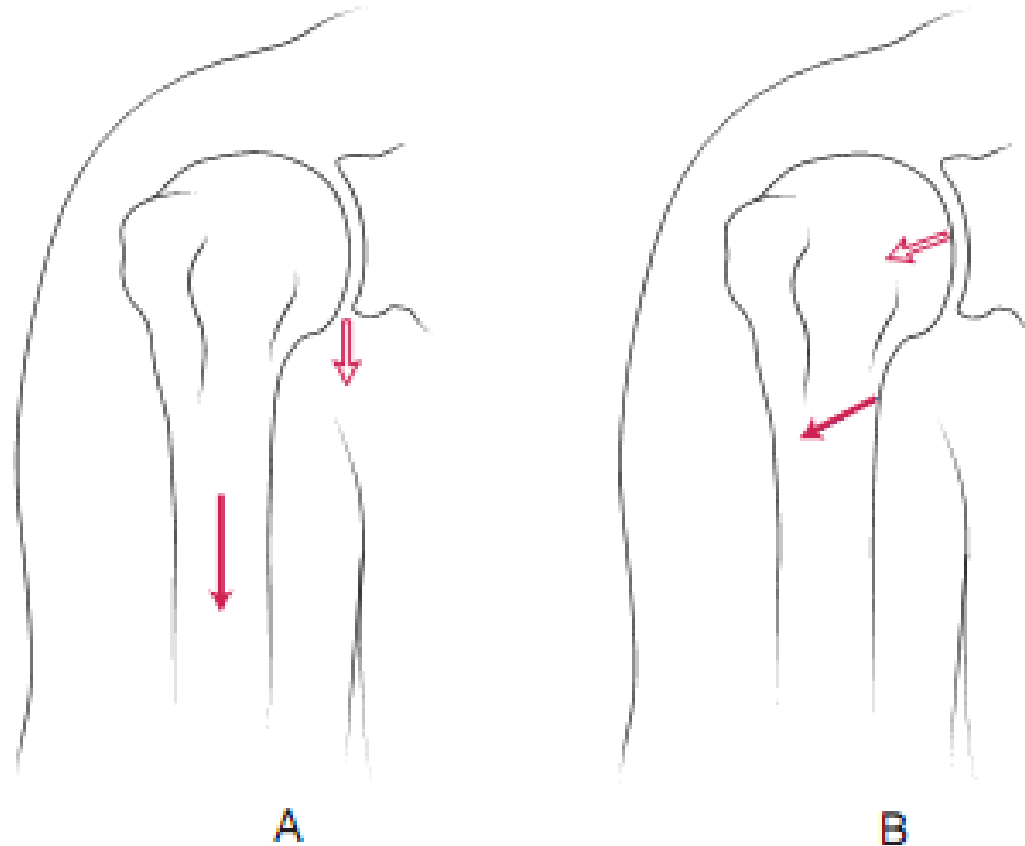


FIGURE 5.8 (A) Traction applied to the shaft of the humerus results in caudal gliding of the joint surface. (B) Distraction of the gleno-humeral joint requires separation at right angles to the glenoid fossa.

Separation of joints



distraction

Separation with
glide(inferior)



traction

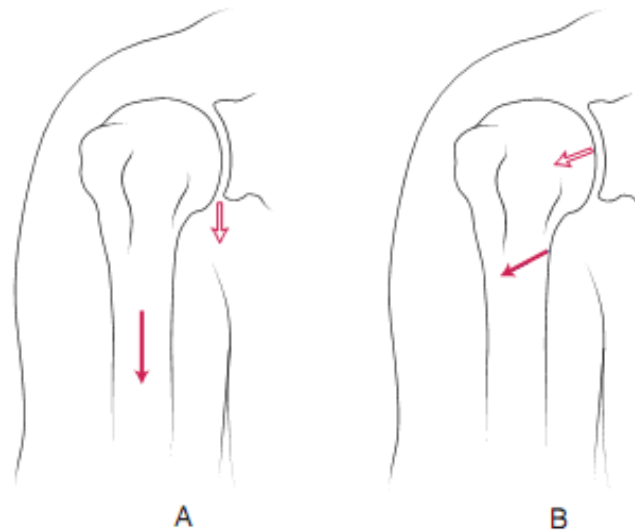


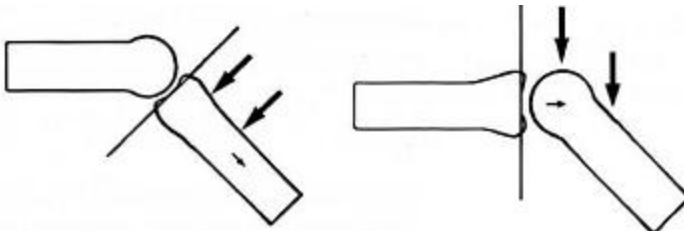
FIGURE 5.8 (A) Traction applied to the shaft of the humerus results in caudal gliding of the joint surface. **(B)** Distraction of the gleno-humeral joint requires separation at right angles to the glenoid fossa.

GLIDE VS DISTRACTION

Both are joint play

Glide

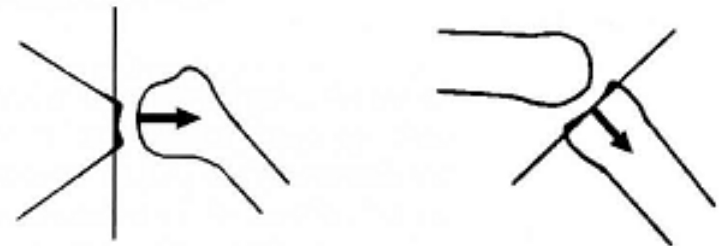
- a joint play movement parallel to the treatment plane.



Translatory bone movement parallel to the treatment plane

Distraction

- a joint play movement right angle/vertical/perpendicular to the treatment plane

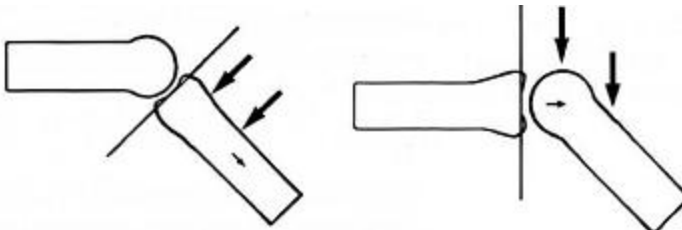


Bone movement at a right angle to and away from the

GLIDE VS TRACTION

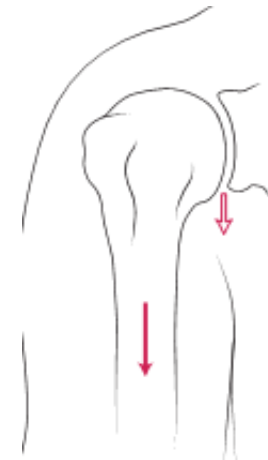
Glide

- a joint play movement parallel to the treatment plane.



Translatory bone movement parallel to the treatment plane

Traction



STILL CONFUSED?



YES.....

**Just when I thought I
had it all worked out
I lost it again!**



LET ME DIE!



THANK YOU



BEST OF LUCK