

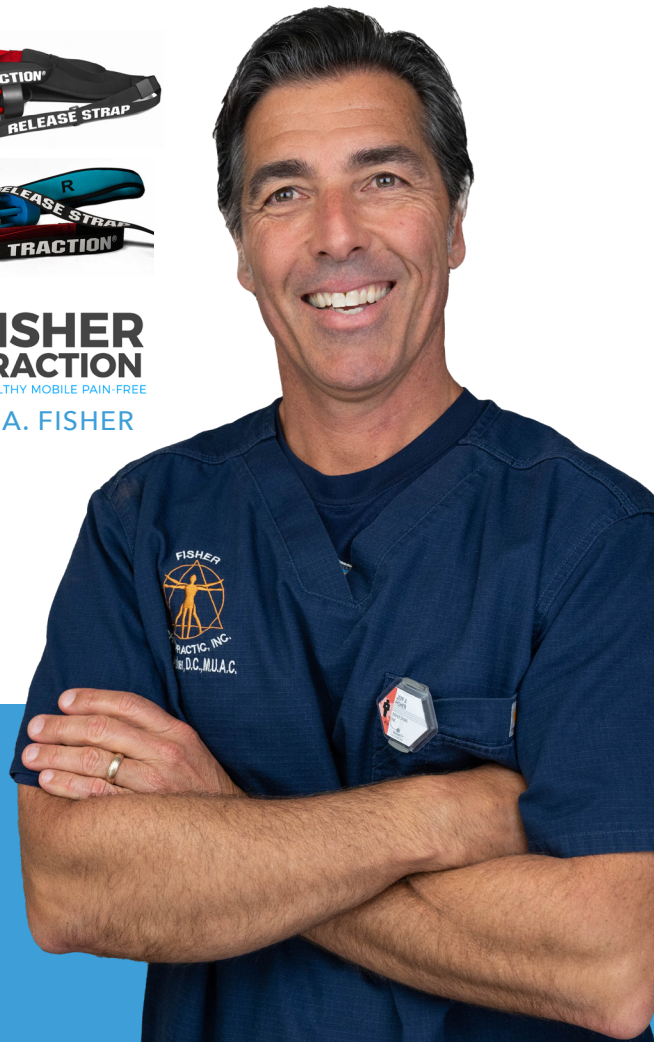
# 30 Surprising Health Benefits of Neck and Back Traction

(HINT: IT'S MORE THAN JUST PAIN RELIEF)

- 1 PAIN RELIEF:**  
Alleviates pain associated with conditions such as herniated discs, spinal stenosis, or degenerative disc disease.
- 2 IMPROVED RANGE OF MOTION**  
Enhances flexibility and mobility by decompressing the spine.
- 3 POSTURE CORRECTION:**  
Helps realign the spine, potentially improving posture and reducing strain on surrounding muscles.
- 4 REDUCED MUSCLE TENSION:**  
Relaxes tense muscles around the spine, relieving discomfort and stiffness.
- 5 ENHANCED CIRCULATION:**  
Promotes better blood flow to the spine, facilitating healing and nutrient delivery to affected areas.
- 6 NERVE DECOMPRESSION:**  
Relieves pressure on pinched nerves, reducing symptoms like numbness, tingling, or weakness.
- 7 DISC HEALTH:**  
Improves hydration and nutrition of spinal discs, aiding in their health and resilience.
- 8 NON-INVASIVE TREATMENT:**  
Provides a non-surgical option for managing spinal conditions, minimizing risks associated with surgery.
- 9 IMPROVED SLEEP QUALITY:**  
Relief from spinal discomfort can lead to better sleep and overall restfulness.
- 10 COMPLEMENTARY THERAPY:**  
Works well alongside other treatments such as physical therapy, chiropractic adjustments, or exercise programs.
- 11 REDUCED RELIANCE ON PAIN MEDICATION:**  
May decrease the need for pain medications by addressing the underlying causes of spinal discomfort.
- 12 FASTER RECOVERY FROM SPINAL INJURIES:**  
Helps expedite healing by reducing pressure on injured spinal structures.
- 13 PREVENTION OF FURTHER DEGENERATION:**  
Regular traction sessions may slow down the progression of degenerative spinal conditions.



**FISHER TRACTION**  
HEALTHY MOBILE PAIN-FREE  
DR. JEFF A. FISHER



An award-winning chiropractor with over 30 years of experience, Dr. Fisher believes that everyone should have access to a simple and effective solution for pain-relief and long-term health.

 [www.fishertraction.com](http://www.fishertraction.com)

**14 INCREASED NUTRIENT EXCHANGE:**  
Facilitates the exchange of fluids and nutrients within spinal discs, promoting their health and function.

**15 ENHANCED ATHLETIC PERFORMANCE:**  
Improved spinal alignment and flexibility can benefit athletes by reducing the risk of injuries and enhancing performance.

**16 STRESS REDUCTION:**  
Relaxing effects of traction can help alleviate mental and emotional stress associated with chronic pain.

**17 BETTER DIGESTION AND BOWEL FUNCTION:**  
Relief from spinal compression can indirectly improve digestion and bowel movements.

**18 IMPROVED MOOD AND MENTAL WELL-BEING:**  
Alleviating spinal discomfort can lead to a more positive outlook and improved quality of life.

**19 MANAGEMENT OF SCIATICA SYMPTOMS:**  
Traction can help alleviate symptoms of sciatica by reducing pressure on the sciatic nerve.

**20 PREVENTION OF FUTURE SPINAL ISSUES:**  
Regular traction sessions may help prevent the recurrence of spinal problems by maintaining spinal health and alignment.

**21 INCREASED JOINT MOBILITY:**  
Traction stretches and mobilizes the joints of the spine, enhancing overall joint function.

**22 ENHANCED MUSCLE STRENGTH:**  
By relieving tension and improving alignment, traction can facilitate better muscle recruitment and strength development.

**23 REDUCED INFLAMMATION:**  
Traction may help decrease inflammation in the spinal region, contributing to pain reduction and healing.

**24 ALLEVIATION OF HEADACHES:**  
Traction can relieve tension in the neck and upper back, which may help reduce headache frequency and intensity.

**25 IMPROVEMENT IN BALANCE AND STABILITY:**  
By promoting proper spinal alignment, traction can enhance overall balance and stability, reducing the risk of falls.

**26 ENHANCED RESPIRATORY FUNCTION:**  
Relief from spinal compression can improve chest expansion and breathing efficiency.

**27 ALLEVIATION OF TEMPOROMANDIBULAR JOINT (TMJ) PAIN:**  
Traction can indirectly relieve tension in the jaw and neck muscles, reducing TMJ-related discomfort.

**28 INCREASED ENERGY LEVELS:**  
Reduction in spinal discomfort and improved circulation can lead to higher energy levels and decreased fatigue.

**29 MANAGEMENT OF NEUROLOGICAL CONDITIONS:**  
Traction may help alleviate symptoms of conditions such as multiple sclerosis or Parkinson's disease by reducing spinal pressure.

**30 PROMOTION OF OVERALL WELL-BEING:**  
Regular traction sessions can contribute to a sense of well-being and improved quality of life by addressing spinal issues comprehensively.

