Lower back pain affects over 80 percent of the United States population, with adverse effects ranging from minor discomfort to severe, incapacitating pain. In many cases, lumbar traction reduces discomfort and can help the body to heal by stretching the spine and reducing pressure on compressed disks. Equipment to support lumbar traction, however, can be costly, large, complicated, and inconvenient, which often prevents in home use. A popular home solution, the inversion table, can be unsafe and also ineffective because the position cannot be maintained for the 15 minutes required for traction to occur.

This Back Traction Device is a simple, comfortable device that allows sustained lumbar traction sessions to relieve lower back pain. The device uses gravity to gradually distract tissue and vertebra, decompressing the lumbar spine as the patient lays on the floor. Treatable back pain includes discomfort from nerve impingement, stenosis, arthritis, and disc bulges.

- Safe, comfortable, and effective for home use.
- Portable and foldable for storing.
- Intuitive design.

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