**TRACTION**

Indications

* Fracture management
* Dislocations – Knee, hip
* Septic Arthritis of hip and knee to decrease pain and decrease subluxation risk (usually secondary to fluid in the joint)
* Prolapsed intervertebral disc
* Cervical Injuries

Classification

* Balanced vs fixed
* Skeletal vs. Skin

Factors determining type of traction

* Duration

If short use skin traction

* Age

Children and Elderly – Skin traction. Muscle bulk is reduced so can be used effectively without muscle pulling bones away.

Parts of an orthopedic bed

* Parallel bars
* Monkey chain hang on parallel bars
* Vertical bars where the weight pulleys are suspended
* Bed and mattress
* Counter traction – bed raised at distal end passed on weight

Pins commonly used

* Steinmann pins
* Denham pins
* K wire