



Fig. 7-8 Patient repositioning feet for exercise in LTX 3000 traction device.

- Patient is seated comfortably and correctly in the LTX 3000, with the sling tension partially released, so that more of the body weight is borne by the torso pads and the lower back is in traction.
- Exercises can be performed while the patient is in the traction position; proper positioning of the feet can facilitate the exercise process.
- This illustration demonstrates the way in which the pelvis can be rocked forward and backward (extension-flexion).
- The patient's arms can rest on the padded rests adjacent to the torso. (Courtesy Spinal Designs, Minneapolis, Minn.)



Fig. 7-9 Patient repositioning feet in full knee flexion under LTX 3000.

- Patient is seated correctly in the LTX 3000, with the knees in full flexion under the device, in preparation for pelvic tilting and rotation of the pelvis right and left. (Courtesy Spinal Designs, Minneapolis, Minn.)