Introduction :-

- Traction refers to the set of mechanisms for straightening broken bones or relieving pressure on the spine and skeletal system.
- The goal of treatment of fracture are to restore an injured part for its maximum functioning to prevent complications and to obtain the best possible cosmetic result.

Purpose of Traction :-

- To Minimize Muscle Spasm
- To reduce Pain Align
- Immobiliz Fracture
- To reduce Deformity
- To restore and maintain proper alignment.

Method of Applying Traction :-

1. Skin traction
2. Skeletal traction
3. Specific types of Traction

1. **Skin Traction :-**

- Control Muscle Spasm and to immobilize an area before surgery.
- Skin Traction में adhesive Wide holding bands पर direcatly weight apply किया जाता है
- **Skin Traction Weight :-** 2 - 3.5 kg

Types of Skin Traction :-

1. Buck's Traction
2. Bryant's Traction (Gallows Traction)
3. Russel Traction
1. Buck's Traction :-
- Skin Traction in Lower leg
- Knee immobilization
- Fracture of Hip/ Femur

2. Russell's Traction :-
- Also known as Hamilton Russell's Traction.
- To Stabilize a Fracture Femur (In Femur Shaft fracture)
- Knee joint is bent and client can move about with relative ease.

**Note :-** Difference Between Buck’s Traction
& Russell Traction :- Buck’s Traction में Knee joint bent नहीं होता, जबकि Russell's Traction में Knee joint bent होता है।

3. Bryant's Traction / Gallop Traction :- (6 वर्ष से कम बच्चो के लिए)
- Children’s Fracture Femur (Child Body Weight less than 12 Kg.)
- Bryant’s traction में 6 साल से कम के बच्चों में femur fracture के दौरान दोनो lower limbs पर Traction apply करते हैं इस traction में Hip 90° के कोण पर flex रहते हैं और knee extend, जिससे buttocks slightly उठे हुए रहते हैं तथा body weight, Counter traction provide करता है।

2. Skeletal Traction :-
- Skeleton Traction में Traction सीधा bone पर directly apply किया जाता है (Strict aseptic Precautions के द्वारा)
- इस Traction में Pin और Wires (eg. Steinmann pin और Kirschner Wire) Bone में Insert करवाये जाते हैं।
- Traction used for - fracture of femur, tibia, humerus and Cervical spine.
1. Dunlop’s Traction :-
   - Used for *Supra Condylar and Trans Condylar Fracture of Humerous*.
   - Elbow flexed at 45° Angle.

2. Perkin’s Traction :-
   - Used in Fracture of *Tibia* and the femur from the subtrochanteric region distally.

**Cervical Spine Traction :-**
   - Halo Traction
   - Skull / Cervical Tongs (skeletal traction type)

**Note :-** Nurse को Pin Site पर Inflammation और Infection को रोकने के लिए, प्रत्येक 8 घण्टे के अंतराल पर Pin site को Evaluate करनी चाहिए।

---

**Multiple choice Questions**

**Q.1 Which Nursing intervention is appropriate for a client with skeletal traction ?**
   A. Prone Position
   B. Intermittent Weight
   C. Pin Care
   D. 5 Pound weight

**Q.2 Gallows Traction is used for :**
   A. Fracture shaft of Femur
   B. Fracture neck of Femur
   C. Fracture Humerous
   D. Fracture tibia
Q. 3 An 18 months old has a fractured Femur and is in Bryant’s traction, to evaluate correct application of the nurse should note that:

A. Child is being continuously and gradually pulled towards bottom of bed.
B. The child’s buttocks are raised slightly
C. The Child’s leg is a 45° angle to bed
D. The child can move the Unaffected leg freely

Q. 4 Patient with Fracture of head of the Femur is placed in buck extension. The rationale for buck extension is...

A. Prevent soft tissue trauma
B. Reduce the need for POP Cast application
C. Prevent Damage to surrounding nerves
D. Reduces Muscle spasm

**Answers:**
1. (C)
2. (A)
3. (B)
4. (D)

---

**Anil Kantiwal Gudha**

**OM Nursing Academy**

E-mail- anu.kantiwal.gudha@gmail.com
Website- www.omnursingacademy.weebly.com
Facebook- www.facebook.com/anil.kantiwal.gudha
YouTube - www.youtube.com/user/anil555k