

**Handoll HHG, Queally JM, Parker MJ. Pre-operative traction for hip fractures in adults (Review). *Cochrane Database of Systematic Reviews* 2011, Issue 12.**

**Design:** Meta-analysis of randomized clinical trials

**Date:** 2-13-15 LM

**Study Question:** To evaluate the effects of traction compared to no traction applied to the injured limb prior to surgery for a fractured hip.

**Authors' Conclusions:**

From the limited evidence available, which is not sufficient to confirm this, there is no proven benefit of pain reduction for the routine use of traction prior to surgery for a hip fracture. The continuing and increasing lack of evidence over successive updates to support pre-operative traction is noteworthy. This should give considerable pause for thought where pre-operative traction is being considered, with the onus being on clinicians to provide the evidence for its use.

**Reasons not to cite as evidence:**

- This systematic review is limited by the quality of the included trials. The methodological quality and the quality and adequacy of reporting were poor among all 11 included trials. All trials were at high risk of bias.
- The meta-analysis included 3 pooled trials which were all of low quality. Together they cannot support an evidence statement.
- The small VAS difference observed (0.11, CI -0.27 to 0.50) between the groups favoring no traction was not statistically significant or clinically significant.

**Assessment:**

- Low quality Cochrane meta-analysis which is inadequate for evidence of the effect of pre-operative traction for the relief of pain in people with a fractured hip.