

Teeter Offers the **ONLY** Inversion Tables Cleared by the FDA

Teeter Inversion Tables have been listed with the FDA as Class 1 medical devices for decades. A 2016 review of new information and studies resulted in FDA clearance for an expanded list of back pain conditions indicated for Teeter Inversion Tables and a range of Teeter decompression devices.

The Teeter is an effective, FDA-cleared Class 1 medical device designed to decompress the spine and stretch supporting muscles, indicated for the following conditions:



- Back Pain
- Sciatica
- Spinal Degenerative Joint Disease
- Spinal Curvature due to Tight Muscles
- Muscle Tension
- Herniated Disc
- Degenerative Disc Disease
- Spinal Stenosis
- Facet Syndrome
- Muscle Spasm

How does Teeter decompression work?

Unlike surgery and other invasive forms of treatment, using a Teeter is a gentle, passive way to target pain at the source. While relaxing and stretching para-spinal muscles, this progressive form of traction elongates the spine and decompresses each disc with the same weight that compresses it while upright to naturally reverse the negative impact of gravity.



Discs widen and hydrate with nutrient-rich fluid

Just Minutes a Day Can Help....



Rejuvenate Discs

Over time, the discs can wear down, leading to uncomfortable compression of the facet joints. Teeter decompression works to separate the vertebrae and take the pressure off the discs, allowing nutrients to be reabsorbed which increases shock absorption, reduces potential for pinched nerves, and improves flexibility.



Reduce Nerve Pressure

Millions of nerve fibers connected to specific parts of the body branch off from the spinal cord to travel through small openings between each vertebrae. An impinged nerve can not only cause back pain, but impact limbs and organs as well! A healthy disc is vital to maintaining adequate space for the nerves and avoiding nerve pain.



Relax Muscles

Muscle spasms and tension can cause lactic acid build up, resulting in a painful burning sensation. Teeter decompression works to gently elongate and stretch the para-spinal muscles and soft tissues of the spine, offering relaxation, reduced pain and greater flexibility.



Realign the Spine

Many daily activities actually train our muscles to hold our spine in misalignment, such as sitting at a desk with rounded shoulders or playing a one-sided, rotational sport like golf or tennis. The decompressive stretch achieved on a Teeter works to bring spinal curvature due to tight muscles back into alignment.