

A message to healthcare providers

Inversion therapy is a natural treatment method that has complemented health care since the age of Hippocrates. While inversion has the potential to help many people temporarily relieve back pain, this form of therapy may not be for everyone. We encourage every new user of inversion to first consult with their doctor to see if inversion is right for them.

In this document, you'll find information about the benefits, applications and contraindications of inversion, as well as summaries from recent medical studies and information about Teeter Hang Ups products. If you have any questions, we encourage you to contact us at Teeter to learn more about inversion therapy.

What is inversion and what are its benefits?

Inversion is a passive fitness activity that utilizes gravity and the user's body weight to create natural traction, elongating the body to decompress the weight-bearing joints and stretch and relax muscles.

Inversion can be accomplished conveniently and securely with various types of equipment, but this document will focus specifically on the inversion table. Teeter inversion tables are precision-balanced for ease-of-use, ensuring a secure and comfortable inversion experience. With regular use, benefits may include:

Reduced Back Pain: Inversion helps to elongate the spine, increasing the intervertebral separation and opening the passageway for the nerve roots to temporarily relieve pressure.

Rehydrated Intervertebral Discs: Inversion increases the disc space and reduces the load on the discs, allowing them to hydrate for expedited repair. Regular use helps allow for increased fluid retention within the discs for improved shock absorption and flexibility.

Relaxed Muscles: Inverting to as little as 25° for a few minutes can help relax muscles. One study showed that EMG activity declined over 35% within ten seconds of inversion.

Realignment of the Spine: In order to decompress, the spine needs a traction force of at least 60% of your body weight, roughly equivalent to inverting at an angle of 60° on an inversion table. This type of progressive decompression naturally re-aligns the weight-bearing skeleton, promoting good posture.

Recovery from Activity: Inversion can stimulate circulation and lymph movement.



- Inversion is a natural, non-invasive solution that requires just a few minutes a day.
- Your patient can use the equipment as-needed, in the comfort of their own home.
- Teeter inversion equipment is designed with ease-of-use and security in mind.
- The Teeter Hang Ups EP-series inversion tables are UL Classified 60601-1, a medical equipment standard, ensuring quality and longevity of use.

Are there any studies to support inversion?

A wide range of studies have been published over the past few decades, several of which are summarized below. Additional study summaries can be found on www.teeter-inversion.com.

Inversion Therapy in Patients with Pure Single Level Discogenic Disease: a pilot randomized trial.
Manjunath Prasad KS, Gregson BA, Hargreaves G, Byrnes T, Medelow AD. Regional Neurosciences Centre, Newcastle General Hospital, Newcastle Upon Tyne, UK.

- Patients who were told they needed sciatic operations were divided into two groups. One group regularly practiced inversion therapy along with regular physiotherapy, while the other practiced physiotherapy alone.
- Authors stated, "Inversion therapy decreased the need for an operation in sciatica due to single level disc protrusion to 23% as compared to 78% in the non-inversion group."

Intravital Dynamic Pressure Measurements in Lumbar Discs. Nachemson, Alf, et al. Almqvist & Wiksell. Stockholm. 1970.

- Study measured internal disc pressure (in the 3rd lumbar disc) through a range of activities, including standing, sitting, bending and vertical and supine traction.
- The study suggests that a traction load of 60% body weight is sufficient to reduce the residual pressure of 25% standing body weight to zero.

Adaptation of Tilt Table for Lumbar Traction. Sheffield, F. Arch Phys Med Rehabilitation; 45: 469-472, 1964.

- 175 patients who were unable to work due to back pain were treated. After eight inversion treatments, 155 patients were able to return to their jobs full time. Study concluded that the main basis for improvement was the stretching of paraspinal vertebral muscles and ligaments and possibly the widening of intravertebral discs.
- Study found significant improvements in a variety of diagnosis including spondylolisthesis, herniated discs, lumbar osteoarthritis with sciatica, and coccygodynia. Patient experienced traction in a modified.
- It is worth noting that previous to his use of inversion therapy, Dr. Sheffield regularly used mechanical traction with weights and pulleys. He considered inverted traction much more effective than mechanical traction.

Effects of Gravity-facilitated Traction on Intravertebral Dimensions of the Lumbar Spine. Kane, M, et al. Journal of Orthopedic and Sports Phys Ther. 281-288, Mar 85.

- Study found gravity-facilitated traction (inversion), produces significant intravertebral separation in lumbar spine. Study concluded gravity facilitated traction may be an effective modality in the relief of low back pain.

Therapeutic Applications

Widely utilized by doctors, physical therapists, sports trainers and chiropractors, inversion is a natural, non-invasive therapy applicable across a wide spectrum of patient conditions, including:

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| • Sciatica | • Pinched nerve |
| • Bulged/ Herniated disc | • Minor misalignments |
| • Degenerated disc | • Muscle tension |

In fact, Teeter has worked closely with the medical community to develop equipment that can be utilized in a clinical setting. Clinicians are incorporating inversion into their practice, working with patients on Teeter's DFM™ Inversion Table and supplementing the clinical modalities with in-home solutions. For more information about Teeter clinical inversion equipment, visit www.teeter-inversion.com and click on the "Clinical" tab on the upper right.



DFM™ Inversion Table

Contraindications for inversion

While the benefits of inversion are many, there are a number of conditions that you, as a health care provider, should consider before advising your patient to utilize this form of therapy. While some of these conditions may not prevent your patient from practicing inversion, each patient should be considered on an individual basis. This is not an all-inclusive list – it should only be used as a reference:

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| • Anti-Coagulants (Use of) | • Middle ear infection |
| • Bone weakness, recent fractures, skeletal implants | • Obesity (extreme) |
| • Conjunctivitis | • Pregnancy |
| • Glaucoma | • Retinal detachment |
| • Heart / circulatory disorders | • Spinal injury |
| • Hiatal hernia, ventral hernia | • Stroke |
| • High blood pressure, hypertension | • Transient ischemic attack |

If you have further questions about inversion therapy or Teeter products, please contact Teeter customer service at 800-847-0143 or visit www.teeter-inversion.com.