

Treat Back Pain at the Source by Inverting at 60 Degrees

PRODUCT TRAINING

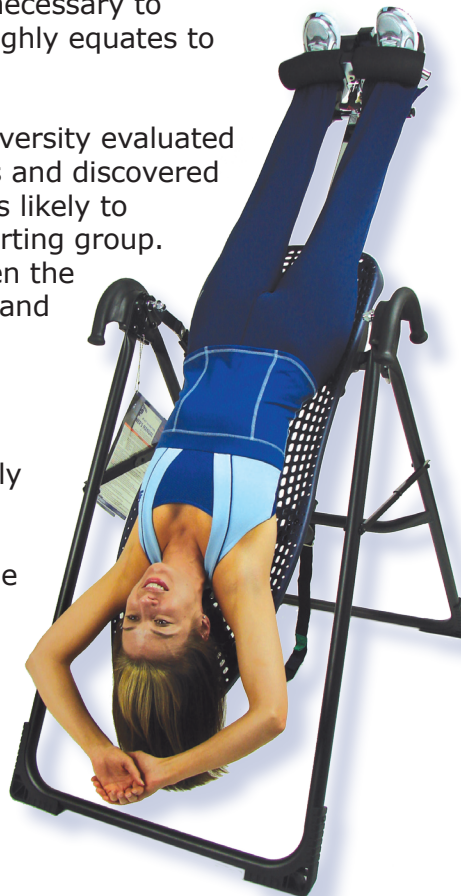
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Did you know that sitting in a chair (even an ergonomically sound one) places 50% - 150% more compression on your spine than just standing? Even while lying horizontally, the discs in the spine retain loads of about 25% standing bodyweight.

The only way to decompress and reduce disc pressure to zero is to invert to 60 degrees or more.

Why Inversion at 60 degrees?

- The Nachemson medical study surgically implanted pressure sensors in the third lumbar disc and compared pressure at different body positions. The study determined that a pull of 60% of the patient's body weight is necessary to decompress the lumbar spine – this roughly equates to inverting to 60 degrees.
- A preliminary study from Newcastle University evaluated two groups of people with spine injuries and discovered that the inversion group was 70.5% less likely to need surgery compared to the non-inverting group. Amazing results – but only realized when the patients oscillated between 60 degrees and full inversion.
- The Teeter Hang Ups® inversion table offers your customers a way to achieve decompression naturally and comfortably at any inverted angle.
- Inverting to 60 degrees or more with the Teeter Hang Ups® allows the discs to rehydrate and the spine to naturally realign, helping to reduce pressure on nerve roots and helping your customers to prevent and relieve back pain.



SALES TIP

Why not offer your customers a

*Total
Wellness
Package*

that combines other back care items with the Teeter Hang Ups® inversion table?

When setting your customer up with a new office chair or elliptical, introduce them to the benefits of inversion as a compliment to the other items.