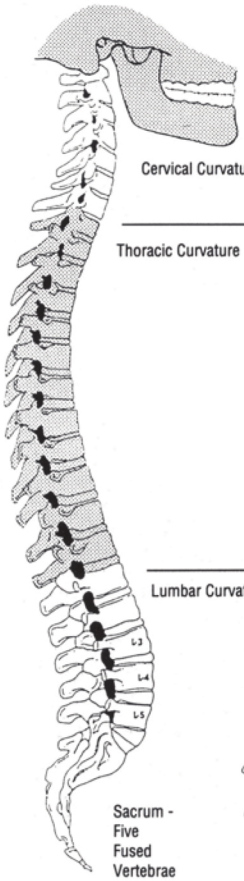
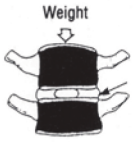


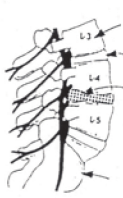
THE SPINAL COLUMN
Lateral Aspect

FUNCTION OF INTERVERTEBRAL DISCS



Discs Act As Shock Absorber

A HERNIATED DISC



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DISTRIBUTED BY:

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invertrac®

"Traction Naturally"

Portable, Comfortable, Easy to use.

invertrac®

BACKACHE, A 20TH CENTURY PROBLEM

Every year thousands of working hours and pleasures of daily life are lost due to back injuries, chronic aches and other related problems. Man spends a full two-thirds of his life f ghting gravity. As in any other battle, he is inevitably scarred in the process. He suffers in silence. Although a strong, healthy spine should be developed during early childhood, the majority of the population suffers from some form of back pain. Many factors of our daily life are responsible for these problems; modern baby-care devices that inhibit natural development, improper sleeping positions and poor mattress support, incorrect seating positions for prolonged periods, poor exercise habits or lack thereof, dangerous lifting and poor posture. The key problem area is found in the lumbar area of the back.

THE INVERSION TRACTION CONCEPT

The effects of gravity on the human form are reversed by hanging inverted on the **Invertrac** unit. Tension on the spine is relieved and vertebrae are separated, easing pressure on the discs. If a disc has slipped, (herniated) instant relief from pain may occur by releasing the "pinch" of the nerve when it returns to its normal position. Displaced vertebrae, (the cause of back pain) are realigned and muscle spasms are reduced. **Invertrac** may not only instantly relieve back ailments, but may aid in chronic spinal diff culties.

"NOW YOU CAN GET RELIEF FROM NAGGING BACKACHE IN MINUTES!"

- **Invertrac** counters the degenerative effects of gravity.
- **Invertrac** allows for the benefits of spinal decompression without trauma to ankle, knee, or hip joints.
- Natural traction ocurs in the lower back when subject is in bent leg position.
- **Invertrac** helps eliminate daily stress and tension by stretching spine and back muscles allowing complete relaxation.
- Circulation is greatly enhanced through inversion.
- **Invertrac** is lightweight, portable and comfortable.

MEDICAL WARNING

Consult Physician or Specialist prior to use of Invertrac.

UNIQUE FEATURES OF INVERTRAC

1. **Restraint Bar -** Adjustable to users' dimensions.
2. **Thigh Support Pad -** Cushioned for maximum comfort while inverted.
3. **Unique Free-Swinging Bar -** Carefully balanced for easy inversion and safe dismount.
4. **Femur Length Adjustment Dial -** Adjustable to users' dimensions.
5. **Handgrips -** Allow for careful mounting and dismounting.
6. **Height Adjustment Knob -** For easy fold-away and quick height changes.
7. **Sidegrips -** Firm grip for proper mount and dismount.
8. **M-Beam -** Design allows for extra-gentle extensions.