

SUGGESTIONS FOR USING THE INVERTRAC

The following are suggestions for you to follow when first using the Invertrac:

Height Adjustment: Be sure to adjust the height of the unit so that your head is not touching the floor when you are in the inverted position. *Note: Some people find that they stretch out during their inversion sessions. After inverting a few times you may find you will have to reset the height of the unit to a higher setting.

Dismounting: When exiting the unit, work your hands slowly back up the front legs of the unit-being careful not to twist your back. Your feet should be able to touch the ground when dismounting. The padded safety bar (Part #33) should not be used to stand on when dismounting. Support the padded restraint bar with the heel of your foot until resting on back legs of unit. Do not allow to fall.

Hint: Tighten the muscles of the buttocks for additional support when dismounting and keep your legs bent as long as possible.

What to Expect During your First Inversion Sessions: If you have not used inversion before, then you may experience some sensation or pressure in your head and upper extremities. This is normal and will usually subside as your body adjusts to using inversion with subsequent sessions. When dismounting from the unit, exit slowly and allow your body to adjust back to the upright position by standing and holding on to the unit for a few minutes before stepping out of it.

**If at anytime during or after an inversion session you do not feel well, please consult with your medical practitioner to make sure that inversion therapy continues to be safe for you to use.*

Suggested Schedule for Inversion Sessions:

1st Day - 30 second intervals - 1→ 3 times a day...gradually increase intervals to 60 seconds by end of first week * Important: do not overdue sessions or soreness in muscles of back may occur

Week 1 - 1 minute sessions - 1→ 3 times a day

Week 2 - Increase to 2 minutes sessions - 1→ 3 times a day

Week 3 - By this time, your body should have adjusted to inversion & your sessions can now be increased to 3 minutes up to 3 times a day.

Week 4 - You should now be feeling the full benefits of inversion on the Invertrac. Be aware of your body while inverting and allow how you feel to dictate the length of your inversion sessions. Due to pressure behind the back of the knee, sessions over 3 minutes are not recommended.

Remember:

DO - try to fully relax when inverted by taking slow, deep breaths

DO - allow your body to slowly adapt and adjust to the effects of inversion

DO - give Inversion therapy time! Your back will thank you for it 😊