

SUGGESTIONS FOR USING THE INVERTRAC

The following are suggestions for you when prescribing the Invertrac to a patient:

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

Dismounting: When exiting the unit, the patient should dismount slowly and be aware to not twist their back. The best way to exit the unit is to first tighten the buttock muscles to help support their back and keep the legs bent as long as possible as they work their hands slowly back up the front legs of the unit. The patient's 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. If a patient has difficulty reaching the ground due to shorter legs and longer upper torso - then you could recommend they use a telephone book or other stable object to stand on when mounting and dismounting the unit. Use heel to return restraint bar to back legs. Do not allow to fall.

What Your Patients Can Expect During Their First Inversion Sessions: If they have not used inversion before then they may experience some sensation or pressure in their head and upper extremities. This is normal and will usually subside as their body adjusts to using inversion with subsequent sessions. When dismounting from the unit, remind them to exit slowly and allow their 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.

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, their body should have adjusted to inversion & their sessions can now be increased to 3 minutes up to 3 times a day.

Week 4 - They should now be feeling the full benefits of inversion on the Invertrac. Remind them to be aware of their body while inverting and allow how they feel to dictate the length of their inversion sessions. Due to pressure behind the back of the knee by the restraint bar we do not recommend sessions of over 3 minute duration.

DO remind your patients to...

- try to fully relax when inverted by taking slow, deep breaths
- allow their body to slowly adapt and adjust to the effects of inversion
- give Inversion therapy time! Their back will thank them for it 😊