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MAKING THE MOST OF YOUR TEETER EP-950

Inverting is a gentle, relaxing process. Video demo: http://www.backswing.co.za/contact.htm#video

GETTING STARTED

1. **Adjust height setting:** Stand on right side of the backswing holding the 'main shaft' up at waist level or higher with your left hand while you adjust the height setting by pulling the 'pin' with your right hand.

If the **de-rattler knob** on the top left side of the 'main shaft' is tightened, the height-setting pin will be locked - undo re-rattler knob to release the height-setting pin.

If you are top-heavy, set the height as if you were taller.

If bottom-heavy, you may have to set it as if you were shorter.

- 2. Attach tether strap at 20°: The tether strap is like 'training wheels' to allow you to relax while getting used to inversion, as you cannot go further than the angle set. As you become accustomed to inversion, increase the angle until you are confident enough to let it go.
- 3. Step up: Ensure ankle clamp is open. Stand on the ground with one foot on each side of the main shaft, then step onto the foot platform, and close the front ankle clamp. Check that rear ankle clamps are cupping your ankles.



4. Slowly lean back and relax. At this point the 'table' should ideally have just lifted off the ground. To invert, bend your elbows and slide your hands along your body towards your head, and then stretch them out behind you. Let go and relax.

The first time, most people feel that they are upside down even before they are horizontal. This is because we are used to moving forwards, not backwards. Take it slowly, and if possible, have someone with you to guide you and let you know when you are horizontal. Benefit is greatest when you are relaxed.

- 5. To return to the upright position slowly slide your hands down along your body to your thighs, and if you are still not upright, bend your knees and let your body slide down towards hgyour feet, which makes you 'shorter' and brings you back. Your head comes up last.
- 6. Alternatively, you can also use the support handles to lever yourself up and down.
- 7. While it is still new to you, rest horizontally for a minute before coming up all the way; otherwise you are likely to feel dizzy. Once used to it, you can come up quickly.

MODERATION

- 1. Limit the angle and length of time inverted.
- 2. 'Listen' to your body and what feels right.
- 3. Make changes gradually.
- 4. You never have to invert fully.
- 5. Any angle beyond horizontal is beneficial, but at 60° the discs are completely de-compressed and you gain all the benefits of full inversion. There is no need to ever go further if you prefer not to.
- 6. Take it slowly, and work with your body as it gets used to inverting.

 Start with a few minutes, or even seconds, and after days or weeks, when you are ready, increase the angle a few degrees at a time.
- 7. Do not invert immediately after a meal.
- 8. If you feel nauseous, come up. Inversion can help stabilise the inner ear and is a treatment for motion sickness, but improvement can take weeks or months.
- 9. A general guideline is to invert for 3 5 minutes a day, but you can vary the length of time and number of times a day. It may be more beneficial to invert a few times during the day for shorter periods than once a day for longer.

TYPES OF TRACTION

Intermittent and rhythmic traction encourage blood, lymph and spinal fluid circulation and regeneration of discs.

- 1. **Intermittent traction:** Alternate between 1 2 minutes below horizontal and 30 seconds above horizontal. Repeat for 5 15 minutes.
- 2. **Rhythmic traction:** Rock up and down around the horizontal using fairly rapid up-and-down arm movements. Start with short time periods of 1 2 minutes, and increase to 10 minutes or more over a period of a few weeks.

Increase traction on your lower back by placing the heels of your hands against the ends of the **traction handles** and pressing up against them. Avoid in acute phases of back pain.

FULL INVERSION

When fully inverted, you hang free, and can do light exercises.

To return to upright your body needs to get back in touch with the 'bed' section of the backswing. There are **various ways** you can do this:

1. Press the heels of your hands up against the ends of the traction handles, & swing upright.





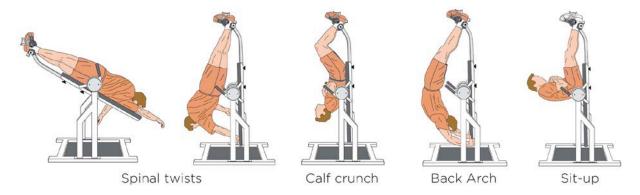
- 2. OR: Place your hands behind your head to take hold of the frame, and pull it towards you. As your back reconnects with the table, it begins to swing upright. As it does, ensure your elbows are pulled inwards towards each other to avoid connecting with the legs of the A-frame.
- 3. OR: With one hand holding the table frame behind you and the other holding of the leg of the A-frame in front of you, pull your hands towards each other to start coming up. Once you've started coming up, keep elbows bent and hands close to your body as you move hands towards your thighs. Then bend your knees to get back.

It is best to have someone with you the first time to guide you. If you cannot get back easily, try lower the height setting as if you were taller.



EXERCISE

Exercising in traction helps the body re-align. Inverted sit-ups place no load on the lower back, unlike those done on the floor. Exercises are included on the DVD enclosed with the unit.



BACK PAIN

Start with gentle inversion to build the strength of the tissue.

Intermittent traction is the most effective way of relieving back pain and regenerating discs. This means 30 to 60 seconds below horizontal, followed by 30 seconds above horizontal, alternating for 3 - 5 minutes. If the pain is severe, alternate 30 seconds or less in each position, and increase length of intervals as the condition improves.

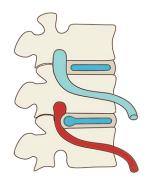
Spend at least a minute horizontal before getting up, to avoid putting sudden pressure on relaxed, de-compressed discs.

Repeat this as many times a day as you like - short spells more often is better than long spells less often.

BULGED OR HERNIATED DISC

A "slipped" disc is a weak disc that bulges, and may impinge on a nerve. Inverting relieves pressure and encourages the influx of fluids and nutrients that help it to heal. Eventually the soft tissue that has extruded, can be removed by the body and the disc may recover its proper shape.

Even if it is unable to return completely to normal, regular decompression can help keep the pressure off so there is no further damage or nerve impingement.



If the condition is acute, it is important when returning upright and putting weight back onto the injured disc, to do so very slowly.

Stop in the horizontal position for at least a full minute before continuing upright, to allow imbibed fluid to escape before putting the pressure of normal body weight back onto it.

MEDICAL STUDY ON BACK PAIN

Newcastle University (UK, 2007) found that in cases of sciatica due to bulged disc, inversion reduced the need for an operation from 78% to 23%. Summary of the study is available on our website.

10 GOOD REASONS TO INVERT

for 3 - 5 minutes a day

- 1. Regenerate spinal discs
- 2. Relieve back pain
- 3. Improve posture, flexibility & alignment
- 4. Strengthen ligaments & joints
- 5. Stimulate circulation Stimulate lymphatic flow
- 6. Stimulate lymphatic flow
- 7. Relieve muscle tension
- 8. Improve appearance
- 9. Speed recovery after intense workout
- 10. Reverse aging caused by gravity

CONTRA-INDICATIONS - MEDICAL CONDITIONS

If you have any of these 3 conditions, do not invert:

- Narrow-angle glaucoma
- Unmedicated high blood pressure i.e. not on blood pressure medication
- Recent stroke

If you have any of the following conditions, obtain the approval of a doctor before inverting:

- Recent joint surgery, surgically-implanted orthopedic supports
- Spinal injury, recent spinal cord surgery, spinal stenosis
- Recent or unhealed fractures, medullary pins, acutely swollen joints, osteoporosis (bone weakness)
- · Glaucoma, retinal detachment, conjunctivitis, recent eye surgery, middle ear infection
- History of stroke or transient ischemic attack
- Heart or circulatory disorders, high blood pressure, hypertension
- Cerebral sclerosis, use of anticoagulants (including high doses of aspirin)
- · Hiatus hernia, ventral hernia, pregnancy, extreme obesity

This list is not exhaustive, so if you have any other condition you are not certain about, consult your doctor.

EXTRACTS FROM TESTIMONIALS

- ... It has literally turned my life around ... L Jowett, Gauteng
- ... Inversion is the only thing that helps ... L Vercueil, Johannesburg
- ... pain-free.....the best product ever. Dr M Rom, Johannesburg

The backswing has saved me ... J Immermann, de Rust

... helped me to avoid another back operation. S Rossouw, Pretoria

Being a medical doctor, I was skeptical, but the result is unbelievable. G S, KZN

The Backswing has...enabled our daughter to carry on with her dance career. Anne Spies, Cape Town.

- ... one of the best & most important pieces of exercise equipment ... J Eagleton, Personal Trainer
- ... rejuvenated and renewed ... just 2 minutes the back pain was gone. G Platte, Stellenbosch