

Recommended protocol for Inversion Belt & Back Stretch Bench

Please read the instruction guide completely before using your Inversion Belt with Back Stretch Bench

For best result we recommend following this protocol

1. Once you are in position to begin decompression:
Pull the lever up 2 clicks to decompress and back down 2 clicks to neutral (3rd click will release the tension), then repeat until you can feel a light comfortable stretch in your low back.
2. Remain in the stretched position for 1 minute, as long as it is comfortable to you.
3. After 1 minute, release the tension for 30 seconds.
4. Repeat steps 1-3:
day 1-2 repeat 3-5 times (as long as it is comfortable to you)
day 3-4 repeat 5-7 times (as long as it is comfortable to you)
day 4-5 repeat 7-10 times (as long as it is comfortable to you)
day 6-7 repeat 10-15 times (as long as it is comfortable to you)

If your doctor recommended to use the Inversion Belt and Stretch Bench differently, please follow your doctor's recommendations.