

How to begin using an inversion table

First - Adjust the table so it will tilt based solely on the movement of your arms (one at a time) from at your side to above your head. In this way you should NOT have to pull yourself upright but instead be able to rise by returning your arms to your sides.

- Set the tilt strap to allow a 30 degree tilt
- Use the table as below;

Day 1 – use the table for 8 minutes at 30 degrees

Day 2 - use the table for 10 minutes at 30 degrees

Day 3 - use the table for 12 minutes at 30 degrees

Day 4 - use the table for 14 minutes at 30 degrees

By day 4 you should be accustomed to the blood moving to your head over the time inverted. The normal feelings in the low back are a mild ache with short term (minutes) stiffness when the inversion is complete. Occasionally, there is a brief sharper low back sensation when you first step off the table but this should pass quickly.

If you have any different feelings than described above please contact our office and speak with your chiropractor.

Before Day 5 re-adjust the tilt to 45 degrees.

Day 5 - use the table for 8 minutes at 45 degrees

Day 6 - use the table for 10 minutes at 45 degrees

Day 7 - use the table for 12 minutes at 45 degrees

Day 8 - use the table for 14 minutes at 45 degrees

Day 9 - use the table for 15 – 20 minutes at 45 degrees

Day 10 and onward repeat Day 9

After Day 10 Speak with your chiropractor. It is generally expected that symptoms of leg pain should largely be gone and the low back will have a sense of strain from the daily stretch. The frequency of use may be changed at this time but may remain daily depending on each individuals needs.

While some people will benefit from increasing the table to 60 degrees, this is generally not necessary and should be discussed with your chiropractor.