

- Do the inversion table for **20 to 40 min** daily. Research shows that in order to be effective, this treatment should be done for a minimum of 20 minutes per day.
- The inversion is most effective if done intermittently.
- Recommended use is as follows:
 - **2 minutes** inverted, THEN
 - **15 seconds** upright for blood to flow back to feet
 - Repeat at least 8 or 10 times to achieve the recommended minimum of 20 minutes
- The angle of the inversion table should be at a **slight angle of 15 to 20** degrees. This should stimulate a feeling of a gentle pull on the back and neck, so the body can adjust easily to the inversion.
 - Please **do not** modify the angle at which the inversion table is set. It should always remain at the **green color level**.
- In order to see effects from inversion table treatment, the patient needs to complete at least **22 of 23 days** of treatment.
- We recommend Teeter inversion tables EP-960 or EP-970. These may be ordered from Dick's Sporting Goods, Amazon, Wal-mart or other retailers. We can e-mail links upon request.