

## **INVERSION THERAPY**

Decompression is beneficial for degenerated disc and associated conditions. Decompression can be accomplished in the chiropractic office by doctor directed flexion distraction therapy or by the use of the Vertebral Axial Decompression table. At home decompression can best be accomplished by the use of inversion therapy units. Use of a Swiss exercise ball is a secondary option that can provide mild amounts of decompression.

Inversion units should not be used by those with hypertension and certain other heart conditions. Exercises are not necessary to perform in the units. Merely hanging for a minute twice a day will achieve the desired benefits combined with back exercises done on the floor or on a firm mattress as well as periodic chiropractic treatments.

Inversion units designed to hang with your weight on the thighs can be preferable to units in which you hang by your feet. This eliminates the excess stress put upon the ankles and knees.

Units are constantly changing in prices with periodic sales and specials. Google “Inversion Units” to find the best available sales and compare this with what you might find at a local store. Locally, Dick’s and MC Sports often have units available. Expect to pay \$150-\$350. The thigh hanging units cost a little more.

Recommended thigh units:

Invertrac

Total Back System

These units require assembly. If you are not handy, invite your neighbor or grandson over to help.

For maintenance purposes, invert to 60 degrees for 1 minute once or twice a day. There is usually a cross bar that slips into the frame to stop the unit at 60 degrees.