

Medical Studies

Sheffield, F.: Adaptation of Tilt Table for Lumbar Traction.
Arch Phys Med Rehabil 45: 469-472, 1964.

175 patients who were unable to work due to back pain were treated. After eight inversion treatments, 155 patients were able to return to their jobs full time. Study concluded that the main basis for improvement was the stretching of paraspinal vertebral muscles and ligaments and possibly the widening of intervertebral discs. Study found significant improvements in a variety of diagnosis including spondylolisthesis, herniated discs, lumbar osteoarthritis with sciatica, and coccygodynia. Patient experienced traction in a modified hip flexed position.

Diagnosis	Number of Patients	Improved After Inversion	Unimproved
Herniated Disc	85	76	9
Protruding Disc	66	57	9
Spondylolisthesis	10	10	0
Sciatica	10	10	0
Coccygodynia	4	2	2
Total	175	155	20

Nosse, L.: Inverted Spinal Traction.
Arch Phys Med Rehabil 59: 367-370, Aug 78.

Study found EMG activity (an indicator of muscle pain) declined 35% within the first 10 seconds of inversion. Study found that inversion increases the spinal length. Study concluded there is a correlation between a reduction in EMG activity and an increase in spinal length.

Gianakopoulos, G, et al: Inversion Devices:
Their Role in Producing Lumbar Distraction.
Arch Phys Med Rehabil 66: 100-102, Feb 85.

Study found all subjects experienced intervertebral separation in the lower lumbar vertebrae. Study concluded that although mechanical traction has been used for centuries, only gravity assisted traction (inversion) offers an effective means of achieving pelvic traction at home.

Ballantyne, Byron, et al:
The Effects of Inversion Traction on Spinal Column Configuration, Heart Rate, Blood Pressure, and Perceived Discomfort.
Jour of Orthopedic Sports Phys Ther. 254-260, Mar 86.

Study concluded that inversion can be an effective means of spinal traction. Subjects inverting in the hip flexed position experienced greater separation between the lumbar vertebrae.

Kane, M, et al:

Effects of Gravity-facilitated Traction on Intervertebral Dimensions of the Lumbar Spine. Jour of Orthopedic and Sports Phys Ther. 281-288, Mar 85.

Study found gravity-facilitated traction (inversion), produces significant intervertebral separation in lumbar spine. Study concluded gravity facilitated traction may be an effective modality in the relief of low back pain.

Goldman, R, et al:

The Effects of Oscillating Inversion on Systemic Blood Pressure, Pulse, Intraocular Pressure, and Central Retinal Arterial Pressure.

The Physician and Sports Medicine. 13: 93-96, Mar 85.

Study concluded that full inversion using oscillation procedure presents no risk to normotensive healthy subjects.

Vernon, H.: Inversion therapy: a study of physiological effects.

The Journal of CCA 29: 138-140. Sep 85.

Study found a general reduction of EMG (an indicator of muscle pain) after three minutes of inversion. Study found the flattening of the lumbar spine involved a stretching of spinal muscles and ligaments which lead to a 25% increase in forward spinal flexion. Study found significant intervertebral separation (posterior and anterior). Study concluded that an inversion chair may be sufficient to reduce the majority of intervertebral disc protrusions. Study concluded that the cardiovascular system (heart rate and blood pressure) remained stable through three minutes of seated partial inversion. Authors conclude this stability is due to the full comfort and support of the chair during partial inversion.

Meshino, J.:

The Role of Spinal Inverted Traction in Chiropractic Practice.

ACA Journal of Chiropractic 18:63-68, Feb 84.

Study stated the hip flexed position facilitates lumbar traction by flattening the lumbar spine and decreasing the loading effect of the psoas muscle on the lumbar spine during traction. Study stated inversion therapy is preferred over mechanical traction because there is no need for a constricting harness and the safe and simple operation of an inversion chair allows the patient to administer traction. Study stated inversion helps to negate the effect of gravity on the spinal column. Study stated inversion offers promise as a form of prevention, maintenance, and therapy

TESTIMONIALS

Dr. Nathaniel Wirt, D.C.

"Hanging a few minutes everyday made my back stronger and eventually all the pain disappeared! My back became stronger than it had ever been. I began exercising, including walking and jogging, with no back strains resulting. Today I am 55 years old, my posture is good, and I am healed. The daily inversion stimulated postural and circulatory changes in my body. Better posture was practiced, (standing straighter with thighs tightened and shoulders back). This caused my abdomen to flatten out- no sit-ups or crunches. Other physical changes occurred: My complexion improved and wrinkles and fleshy parts of my face and neck diminished!"

When inversion is coupled with posture and toning exercises, internal organs assume their proper position. For example, from left to right, the spleen, stomach, pancreas, liver, and gall bladder are supposed to rest just under the diaphragm and "move" with every breath. When organs are not in their best physiological position, these membranes are compromised, effecting nerve and blood flow."

Dr. Robert Bouvier, MD

"We have found significant improvement using various inversion techniques which needs further exploration. However, we are very excited about the results thus far. After two weeks on the inversion table on a daily basis urinary incontinence disappeared in two female patients. We have used the inversion table on chronic bronchitis as well as asthmatics."

Dr. John Huber, D.C.

"I have been using your inversion products in my chiropractic office for the past 14 years. Your inversion equipment is the best on the market, and my patients have benefited greatly from their inversion therapy."

A. J. S., Denver, CO

"I think the STL inversion equipment is an invaluable tool in back rehabilitation. My physician recommended the use of your inversion table three times daily as part of an active course of physical therapy I noticed results almost immediately. My back injuries have almost completely healed."

V. F., Hawthorne Woods, IL

"After using (Hang Ups Inversion Equipment), I have noticed an amazing change in my flexibility, after only a few weeks of use. My golf game is much improved due to greater shoulder mobility. I whole-heartedly attest to the benefits of this product."

C. P., Flemington, NJ

"With the F5000III I noticed a remarkable improvement in my posture and my walk. Before using the inversion table I had muscle spasms and back problems."

C. S., Carbondale, CO

"Inverting daily keeps my body stretched, relaxed, symmetrical. The adult acne that I've had since the age of 29 has nearly disappeared. The cold hands and feet that I have experienced for years has disappeared."

N. S., Southbury, CT

"In 1982 I started inverting. I was 52 years old then, and over the years I managed to change just about everything; everything from a badly misaligned hip, feet with corns and a walk with a limp to bad tartar on my teeth. Yes, it changed that too!"

J. M., motor cycle racer, Los Gatos, CA

"As a long time motorcycle racer with a chronic bad back, I've been very impressed with pain relief I've gotten with the daily use of Hang Ups Inversion Table. It is the best rehabilitation and maintenance device I have ever used."

D. M., mountain bike racer, Saratoga, CA

"In the past I have often had problems with my lower back tightening on training rides and during races. After using your the Hang Ups Inversion Table, I do not have the problem with my lower back tightening as before."

Rick Maisel, active athlete and world-renowned stunt man

"I have found that 100 upside down sit-ups are equal to 1000 regular sit-ups (with less strain on the back)."

M. S., Skydiver, Flagler Beach, FL

"Getting inverted relieves and relaxes not only my joints and vertebrae but lets my organs and blood flow more naturally. Being inverted at least 30 minutes a day improves my performance capability by stimulating my vestibular system and allows decompression of my spine to occur."

J. W., Seattle Seahawks Football Team Trainer

"Professional football places a great deal of stress to the lumbar sacral area of the spine. Inversion assisted stretching is quite beneficial."

Dr. W G W, Chief Department of Surgery

"I would like to report to you that I have had extraordinary success in patients using inversion. Its essential value is the ability of the patient to prevent the onset of a more irreversible symptom complex by having the device available."

R. R., Bothell, WA

"The bottom line is, this table has eliminated all of my neck pain and grinding. My lower back is not 100% yet (very very close), but I'm totally convinced that it will be--and this table definitely fixed it. Every house and work place should have one of these."