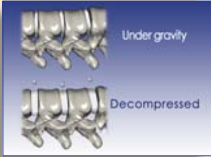


Achieve a better back, better body™ with Teeter Hang Ups®

Decompression facilitates rapid re-hydration and the exchange of nutrients.

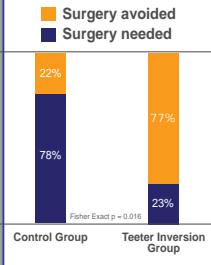


Lost moisture in discs results in lost height and flexibility as you age.



Study suggests using a Teeter may reduce the need for surgery

Results of a preliminary study at Newcastle Hospital suggest that patients who invert with a Teeter are **70.5% less likely** to need surgery as compared to an equivalent control group!



Reduce back pain

Re-hydrate discs: Damaged discs can take a long time to repair since they don't have a direct blood supply. Inverted decompression takes pressure off the discs, allowing them to widen¹ and hydrate with nutrients that help expedite repair. The added cushion helps increase shock absorption and flexibility.

Reduce nerve pressure: Inverting on a Teeter has been clinically proven to increase intervertebral separation², helping to open up the passageway for nerve roots. Less pressure means less pain.

Realign: The back is supported by hundreds of ligaments and muscles that stabilize the spine but also hold it in compression. When the back moves out of alignment from bad posture, too much sitting, or rotational activities, this support structure holds the body in misalignment. Even while lying down, your spine maintains 25% of standing pressure. In order to decompress, the spine needs a traction force of at least 60% of your body weight³, roughly equivalent to inverting at an angle of 60° on a Teeter. This type of progressive decompression naturally re-aligns the weight-bearing skeleton, promoting good posture.

Relax tense muscles: Inverting to as little as 25° for a few minutes can help relax muscles and speed lymph flow. One study showed that EMG activity, an indicator of muscle pain, declined over 35% within ten seconds of inversion.⁴

Improve joint function

Strengthens ligaments: Loading ligaments naturally increases the collagen for better joint support and injury prevention⁵.

Increases joint lubrication: Decompression aids in joint lubrication by altering the pressure and suction forces within the joint, helping to stimulate the synovial fluid that nourishes cartilage⁶.

Improves joint flexibility & range of motion: The restored moisture in the soft tissue promotes the longevity of joint performance.⁵

Encourages proper posture and body symmetry⁷

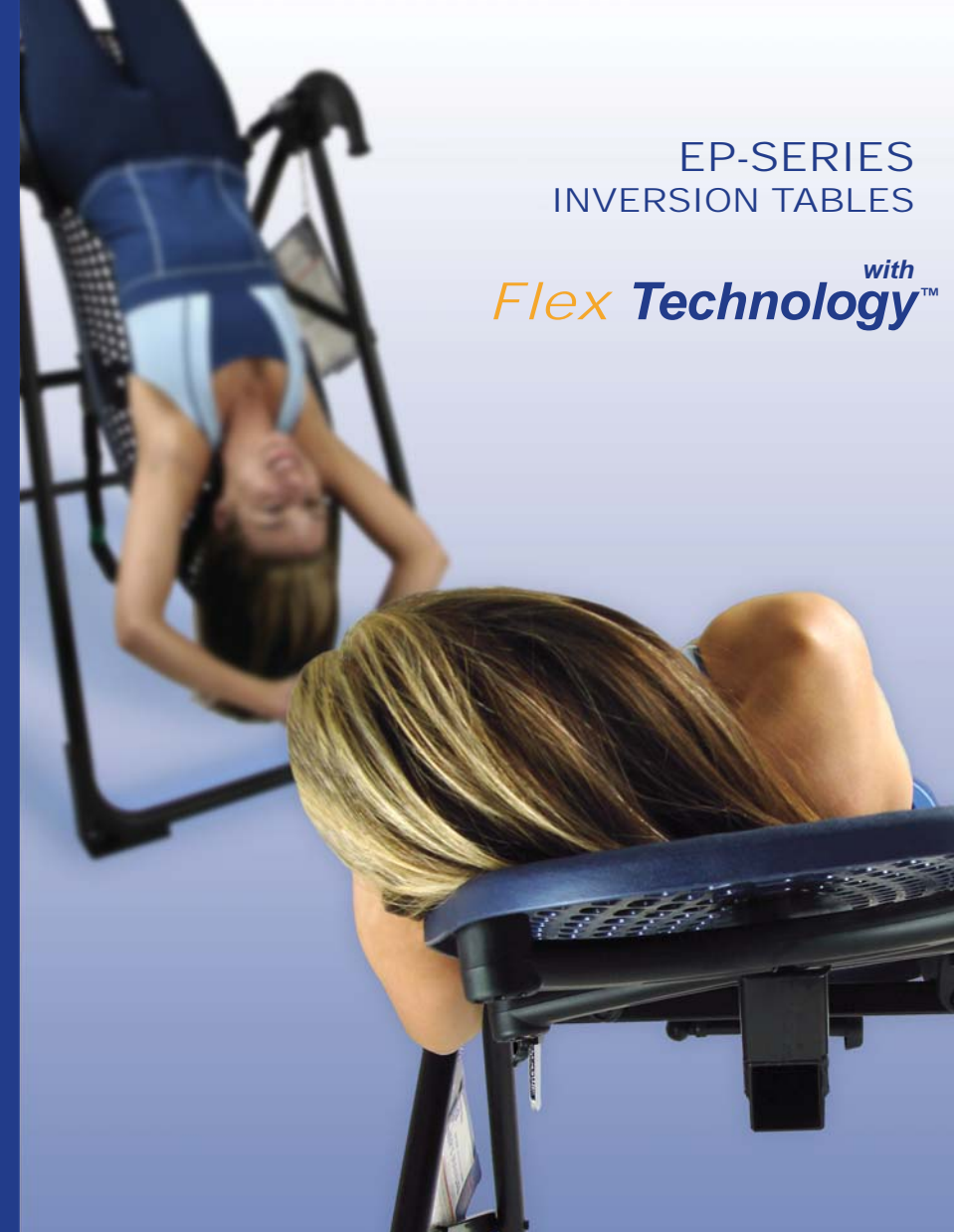
1 Sheffield, F.: Adaptation of Tilt Table for Lumbar Traction. *Arch Phys Med Rehabil* 45: 469-472, 1964
 2 Kane, M, et al: Effects of Gravity-facilitated Traction on Intervertebral Dimensions of the Lumbar Spine. *Journal of Orthopaedic and Sports Phys Ther*, 281-288, Mar 85
 3 Nachemson, A, et al: Intravital Dynamic Pressure Measurements in Lumbar Discs. *Scandinavian Journal of Rehab Medicine*, supplement, 1970.
 4 Nosse, L.: Inverted Spinal Traction. *Arch Phys Med Rehabil* 59: 367-370, Aug 78.
 5 'BME/ME 456 Biomechanics: Structure and Function of Ligaments and Tendons' <http://www.engin.umich.edu/class/bme456/lighten/lighten.htm>
 6 Kessler, R, and Hertling, D. eds., *Management of Common Musculoskeletal Disorders*. (32) Lippincott, Philadelphia, 1990
 7 Murphy, D. Clinical Investigations of Gravity Inversion Traction and Spondylolytic Anterolisthesis. *American Journal of Clinical Chiropractic*. 2001.

If someone has never experienced debilitating back pain, they cannot understand what a blessing it is to find real, sustainable relief. Thank you! Alise W.

I want to thank you for the [Teeter Hang Ups]... I noticed the results the third day I used the inversion table. My wife called me upstairs the other night to come to bed and I went upstairs so fast, I didn't realize it. I said, "Oh my, Pam. I just ran upstairs without using the railing with one hand and the other on the stair!" She said, "You're kidding!" I was so excited that I went downstairs and came up a couple of more times with the same results - pain free. Tom G.

I could not believe the way I felt just inverting one time. I did not want to get off! I felt amazing. I never dreamed that something so fun could be so beneficial! Holly M.

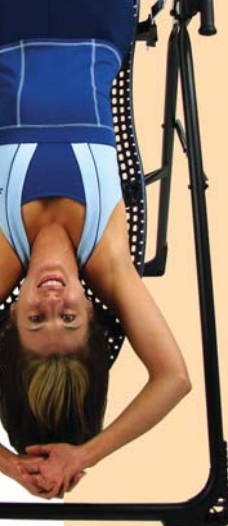
I use the inversion table about three or four times per week now and I would say that I am 90% pain free most of the time and 99% pain free for the remainder of the time. I play golf again which is something I thought I would never do again, but more importantly, I can play with my three-year-old son which is a blessing to me. The Teeter inversion table is the best thing I own. Mitchell R.



EP-SERIES
INVERSION TABLES

with
Flex Technology™





Using a Teeter is simple and fast!

Set it to your height, secure your ankles and relax.

Weight displacement caused by simple arm movement controls the rate and degree of rotation.

Start at 20°, work up to 60°. Benefits start at the gentle angle of 20°. Over time, work up to at least 60°, where the pressure in the spine is reduced to zero and decompression is fully realized.

Invert regularly!

It takes only a few minutes to decompress the spine - use the Teeter several times a day to achieve maximum results.

Product support that adds value to your inversion experience.

All Teeter inversion tables come with a laminated **Owner's Manual** attached to the frame for quick-reference and an **Instructional DVD** to guide you through the assembly and use.

Teeter inversion tables come 85% pre-assembled.

As a BONUS, the DVD includes five 10-20 minute exercise and stretching **Healthy Back Classes by Dr. Shawn**, including a segment for stretching and strengthening on the Teeter.

Not all inversion tables are created equal.

Unlike most fitness products, inversion tables are not required to conform to quality standards for manufacturing. Teeter inversion tables are voluntarily tested to satisfy **UL Classification 60601-1**, a medical-grade standard.

Additionally, an independent engineering evaluation rated the Teeter Hang Ups EP model with the **highest "Factor of Safety"** of any model tested and it was the only* inversion table that cycled without failure.

* One competitor's model showed no signs of failure, but it has since been recalled by the manufacturer.

EP-SERIES INVERSION TABLES



Ergonomic Flex Technology™: Our patented design moves with you, accommodating stretches for greater range of motion. Movement while inverted encourages realignment and relaxes muscles. An adjustable pillow provides added comfort.



Optimum Decompression Surface: The smooth surface reduces friction, allowing the body to slide and achieve the fullest decompressive stretch.



Ankle Comfort Dial™: The new foot platform design dials up or down for smaller or larger feet, allowing the ankle clamps to attain a secure and comfortable fit.

Customize

Teeter offers the only inversion tables on the market that can be modified with accessories:



Vibration Cushion with Far Infrared Neck Support – 10 vibrating motors and two Far Infrared heaters help increase circulation and relax muscles for a more therapeutic inversion experience.



Gravity Boots – Provide maximum comfort and support for the ankles. Order the Adapter Kit, which comes complete with Gravity Boots and CV Bar for converting the inversion table.



EZ Stretch™ Traction Handles – Apply gentle pressure against the traction handles to create additional manual traction and intensify decompression; also an effective tool for oscillation.

Plastic injection-molded construction is more durable than typical nylon or vinyl beds vulnerable to wear and tear. The easy-to-clean surface ensures pristine appearance over years of use.

FLEX Technology™

EP-550™



EP-950™

Unique Features

Ratchet Ankle Lock System
Over EZ™ Handles
EZ Stretch™ Traction Handles
EZ Angle™ Tether Strap
Larger Tubing A-Frame



Easy reach, triple lock security

Standard on all EP-series tables



Quick Storage: Folds in just a few seconds to 28" x 16" x 66" (71 x 41 x 168 cm).

Unique and Patented Security Features: Auto-locking hinges, cam locks, and heat-treated steel parts create a more secure and durable product.

Precision Balancing: One-of-a-kind engineering offers smooth rotation and controlled lockout in full inversion.

Stable Base (and added floor protection): Corner feet increase the A-frame base by 20% and reduce sliding on hard surfaces.

Pre-set Rotation Control: The adjustable or removable tether strap allows you to easily pre-determine your maximum angle of inversion.

Smooth, Quiet Rotation: A de-rattler knob and specialized pivot bearings ensure a lifetime of squeak and rattle-free rotation.

