

## ***DISC-TRACTION® EXERCISES***

Congratulations on acquiring *DISC-TRACTION®*, a new and unique stretching device. With this belt you can apply traction to your own back. By following the exercises described below, you can perform your own spinal maintenance and help prevent back pain. *DISC-TRACTION®* puts you in control!

Use the belt when you have pain or feel the need to stretch your back. Wear it outside clothing or under a shirt or blouse. *DISC-TRACTION®* can help prevent and relieve pain caused by excessive disc and nerve compression in the lower back. It can also be worn for support of the sacro-iliac joint.

Snuggly fasten the belt around your waist, with the handles on the outside hanging down. Push down on the handles so the belt sits on your hipbone. If fastened too tight, the belt will be too high on your waist. If too loose, it will slip down your hips. You can hold the handles with the palms of your hands facing either in or out. Never tighten your shoulders during any of the exercises.

***Deep breathing during the exercises aids relaxation and improves blood flow to the muscles. Breathe slowly in and out.***

After trying the various exercises, described below, choose the ones that most fit your need and afford the greatest relief.

**Exercise 1:** In the standing position, apply downward pressure on the handles. Stretch upward and stand taller. ***Do not tighten your shoulders.*** Go slow. Feel your low back being stretched upward as you press down on the handles. Maintain this position for 5 seconds. Release the pressure. Relax. Repeat this exercise up to three times.

**Exercise 2:** In the same position, press down on the handles to maintain the stretch, lean gently to the left at the waist. Hold this position for 5 seconds. ***Always maintain equal pressure on both handles.*** Come slowly back to vertical. Relax. Now lean gently to the right with equal pressure on the handles. Hold this position for 5 seconds. Then release the pressure. Relax. Repeat up to three times.

**Exercise 3:** Same standing position, press down on the handles and slightly twist your upper body to the left. The rotation is at your waist, not at your knees. Keep your hips steady. Hold this position for 5 seconds. Come back slowly to the center. Relax. Now twist your upper body to the right in exactly the same manner. Hold this position for 5 seconds. Release the pressure. Relax. Repeat up to three times.

**Exercise 4:** Same position. With your feet slightly apart, bend your knees to a semi-squat position. Push down on the handles in the direction of your tailbone with your palms facing out and bend gently forward at the hips (not at the waist). As your upper body comes down, do not round your back, keep your head up. Breathe deeply and hold this position for 5 seconds. Then, pushing on the handles, knees bent, come back slowly to standing position. Release the pressure. Relax. Repeat up to three times.

**Exercise 5:** Lying on your back, using a floor mat or firm bed, bend your knees with your feet flat on the surface. Let your body relax, breathing deeply. With your palms facing out, push down on the handles and slightly raise your buttocks. Hold for 5 seconds. Repeat. Without the effect of gravity on your vertebrae, this exercise maximizes the decompression of your spine.

***Warning: If any of these exercises cause or aggravate pain, discontinue use and consult a treating physician or chiropractor. No representation is made that this belt has a curative or medicinal effect. These exercises do not take the place of appropriate medical treatment.***

Exercise 1



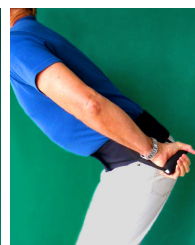
Exercise 2



Exercise 3



Exercise 4



Exercise 5



**DISC-TRACTION®**

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