

## Inversion Tables and Gravity Boots to Relieve Back Pain

Inversion tables, gravity boots, and other mechanical devices are used by thousands of people who suffer from back pain as an alternative to drugs and surgery. Recent studies back up what these people are finding with medical evidence. In 2008, a study from Newcastle University in England found that patients who regularly used an inversion table reduced the need for back surgery in more than 70% of back pain patients.

To understand how inversion therapy helps, you need an understanding of your spinal discs. These discs are really shock absorbers that cushion your back and separate vertebrae while allowing for flexibility. When a disc is damaged, compressed, or improperly positioned the vertebrae may put more pressure on nerve roots within the spine. Deterioration and compression of the discs is natural due to the constant pull of gravity on your spine. If you are a bit on the heavy side, then the process may be accelerated. Because gravity is constant, your spine never gets a rest.

Inversion therapy provides opposite pressure from gravity, relieving your discs and allowing them to recover from the constant pressure of gravity. Because inversion allows your discs to separate, pressure on nerves is decreased, discs are allowed to rehydrate,

When your body is inverted, your spine is relieved from pain-causing pressure. In fact, this would be the only time the pressure is relieved. Even laying down maintains pressure on your spine (approximately 25 % pressure when laying down). Inversion reduces 100% of pressure on your discs.

You may decide to try inversion therapy, and there are several different methods to do so. There are devices such as inversion tables, gravity boots, and slings on the market. Most people who are serious about getting the most out of inversion therapy typically invest in an inversion table. Unlike other methods, an inversion table allows for multiple angles which let you get your body used to inversion (especially important for your inner ear). If you are leery of full inversion, studies show that the maximum benefit can be achieved at 60 degrees.

While inversion is extremely safe, there are certain medical conditions that may restrict your use of an inversion table. Most retailers and manufacturers can advise you one when you should consult with your doctor prior to inverting. Because you are in a position where a product defect could cause serious injury, the brand of inversion table is extremely important. When you are hanging fully inverted, basically hanging by your feet, you want an inversion table you can trust. With safety being the number one concern, slings that are available for inversion that lack a mechanical foot restraint are not advised.

There is a wide variation in quality between brands of inversion tables. Many are produced by contract manufacturers in low cost countries that are purchased by importers focused on minimum cost. Others do not have well thought out designs or do not undergo testing to any outside recognized standards. A brand you can trust, [Teeter Hangups inversion tables](#) have been manufactured for years and are tested to UL standards. Most consumers would not purchase a toaster without the UL mark, this should be a minimum standard for a product such as an inversion table that is expected to support your weight.

Inversion therapy is viewed by many who have tried it as a life-changing treatment. By reducing the pressure on the spine caused by gravity, regular inversion has been proven by medical studies and thousands of users to have significant health affects, especially concerning relief from back pain.

### About the Author

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