



CLINICAL QUALITY TREATMENT, ANY TIME, ANY WHERE!

The Invertabelt System

Product of
The Oakford Group

The Invertabelt System

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The Invertabelt was designed by physical therapists to solve a specific problem – back pain. Its original intent was bridging the treatment gap that exists for patients between subsequent treatment sessions by providing mobilization, overpressure, and traction to the specifically targeted spinal segment.

Art Versus Science

As the Invertabelt System has continued to be developed, we, at The Oakford Group believe that we have created an excellent adjunct treatment program that works in conjunction with the physical therapists and their clinical expertise.

Did you know that during a subjective and objective examination a physical therapist will triage between 50-500 different variables to formulate a unique set of exercises for each patient? We understand that there is no self-help book or instructions that can ever replace the evaluation and assessment skill that the physical therapist can provide for and to the patient.

Although best practice guidelines and evidence based research is at the forefront of every therapist's treatments; knowing when to implement exercise progressions and how

to manage each patient's unique situation is sometimes more art than science.

Versatility

The Invertabelt Program provides exercise progressions that follow best practice guidelines and evidence based research. The Invertabelt is appropriate for patients in acute, subacute, and chronic pain.

Progressions begin using spinal position techniques combined with Grade I mobilizations for acute injuries. Treatments are easily adapted as the patient progresses to subacute and chronic phases of the healing cycle. As the patient progresses, treatment duration intensity and goals change; therefore, the multifaceted nature of the Invertabelt offers endless exercise options for each patient.

With 75% of all low back pain patients demonstrating directional preference, The Invertabelt System offers solutions for lateral shifts flexion and extension based treatment patterns.

As the patient progresses, The Invertabelt provides lower extremity stretching techniques, as well as, important core stabilization and strengthening progressions.

The recurrence rate for low back pain is approximately 60%. Stretching and strengthening exercise progressions are vital to prevent recurrence. One of the most important factors in preventing recurrence is patient posture awareness. The Invertabelt offers posture support at the targeted spinal segments by providing a posterior anterior force vector. The versatility of The Invertabelt Posture Support System works in a patient's favorite chair or in the bleachers at a sporting event.

Low back Pain Stats

- 80-90% of individuals will experience low back pain
- Direct and indirect costs of over \$100 billion annually
- Back pain has 1 year prevalence of 40%
- 75% of individuals experience a directional preference
- 60% low back pain recurrence rate
- Approximately 50% of patients in the outpatient setting are Low back pain patients



Patient Education & Professional Development

Patient Education

The Oakford Group is passionate about patient education. Our goal is to design a website focused on patient education with simple concise explanations of exercises, pathologies, biomechanics, and expected symptom response. We believe

working with clinicians to provide patient education and treatment rational is a vital part of the low back treatment continuum, and is critical in preventing symptom reoccurrence.

Professional Development

It is critical as a profession for clinicians to provide treatment strategies using evidence based research techniques and best practice guidelines. The Oakford Group is committed to providing clinicians with quality education opportunities. The Oakford Group is currently developing education courses in variety of specialty areas. Please visit us at www.TheInvertabelt.com for continuing education opportunities that include:

- Clinical Treatment/Rational Blogs
- Treatment & Instructional Videos
- OCS Study Blog
- Free Recorded Webinars*
- Diagnostic/Treatment Message Boards*
- Innovative Treatment Algorithms*
- 50 + hours of CEU opportunities*

LOOKING FOR FREE CEU'S

The Invertabelt launched in February 2017. Please contact The Oakford Group and register to see how you can earn free Continuing Education Units for yourself or your clinic!

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*Coming soon

