Side Glides with Extensions

- 1. Adjust belt tension for desired intensity level
- 2. Stand with feet shoulder width apart and hands on hips
- 3. Slide blue strap to the hip
- 4. Slowly glide hips to the side
- 5. Extend backwards

Posture Monitoring

- 1. Secure black belt around waist at desired spinal level
- 2. Place feet evenly on the floor with toes underneath the knees
- 3. Pull resistant bands around knees below knee cap

Centralization Phenomenon

Poor Low back health is characterized by larger area of pain, symptoms moving into the buttocks, or symptoms moving into the lower limb

- As low back health improves, pain will begin to "centralize" or move towards the low back
- 3. Location of pain is more important to back health then intensity of pain
- 4. Assess low back health by location of pain, not pain intensity

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A Product of the Oakford Group, LLC.

"Helping to improve back pain."



For additional exercises please visit

www.TheInvertabelt.com

for video content and exercises.

Product Warning

WARNING: Individuals to consult with their healthcare provider prior to use. This product is not to be used without medical advice. The Oakford Group, LLC assumes no responsibility for injury caused by improper use of the product. The instructions provided by your health care provider are to be followed precisely. Do not exceed the health recommendations of your health care provider. Exceeding these recommendations may aggravate an existing condition or cause additional injury. The Invertabelt should never cause pain. A stretching sensation or slight discomfort may be felt during exercise. If abnormal sensations or pain is present during your exercise, discontinue use immediately and consult your health care provider before further use.

General Directions

- 1. Secure black belt tightly around waist
- 2. Place foot inside the foot strap and place blue belt at midline
- 3. Provide tension on the blue belt using the clip fastener
- Begin with low tension stretch, slowly progressing to desired intensity stretch level

Lying On Stomach

- Apply the Invertabelt with desired tension levels per instructions
- Place foot inside the foot harness and extend leg backward maintaining tension on the black strap
- Lower yourself down on the floor or bed maintaining tension on the black strap

Exercises

Prone Decompression

- 1. Adjust tension levels for desired intensity level
- 2. Lie on stomach
- 3. Pump ankle up and down to adjust intensity level

Prone Decompression Progression:

- 1. Hold onto the resistance bands and bring arms towards head for desired pressure
- 2. Inhale and exhale with deep breaths

Prone on Elbows

- 1. Adjust tension levels for desired intensity level
- 2. Lie on stomach and prop body onto elbows
- 3. Pump ankle up and down to adjust intensity level
- 4. Inhale and exhale with deep breaths

Prone on Elbows Progression:

1. Hold onto the resistance bands and bring arms towards head for desired pressure

Press Up

- 1. Adjust belt tension for desired intensity level
- 2. Lie on stomach
- 3. Place both hands flat on surface next to head
- 4. Use arms to lift upper body off surface
- 5. Return to starting position

Press Up Progression:

- 1. Hold onto resistant bands and place both hands flat on surface next to head
- 2. Use arms to lift upper body off surface

Standing Back Bend

- 1. Adjust belt tension for desired intensity level
- 2. Stand with feet shoulder width apart and hands on hips
- 3. Slowly lean backward arching back

Standing Side Glides

- 1. Adjust belt tension for desired intensity level
- 2. Stand with feet shoulder width apart and hands on hips
- 3. Slide blue strap to the hip
- 4. Slowly glide hips to the side

