



Proper Use of an Inversion Table

Using an inversion table properly involves careful setup, correct technique, and safety precautions to maximize benefits like spinal traction, improved circulation, and relief from back pain while minimizing risks. Here's a brief guide:



- **Height Adjustment:** Set the table to your height using the adjustment bar. Most tables have a height scale. Start at your height, then adjust up or down until your center of gravity allows for easy control. You'll know it's right when you can control rolling back and coming back up by just the movement of your arms.
- **Wear Appropriate Clothing:** Use athletic shoes to protect your feet and ensure a secure grip in the ankle straps. Avoid loose clothing that could catch on the table.
- **Start Gradually:** For beginners, invert to a slight angle (15–30 degrees) by raising your arms slowly or using the table's controls. Hold for 1–2 minutes.
- **Progress Slowly:** Over weeks, increase the angle (up to 60 degrees or full inversion) and duration (3–5 minutes) as your body adapts. Full inversion (90 degrees) is not necessary for most benefits.
- **Relax and Breathe:** Keep your body relaxed, breathe deeply, and avoid tensing muscles. Let gravity do the work to stretch your spine.
- **Returning to Upright:** Slowly lower your arms or use the handles to return to the starting position. Move gradually to avoid dizziness or disorientation.

Frequency and Duration

- **Beginners:** Start with 1–2 sessions per day, 1–2 minutes per session at a mild angle. Gradually increase to 3–5 minutes as you feel comfortable.
- **Regular Use:** Most users benefit from 1–2 sessions daily, 5–10 minutes each, depending on goals (e.g., pain relief, flexibility). Avoid overdoing it, as prolonged inversion can cause discomfort or strain.
- **Listen to Your Body:** Stop if you feel dizzy, nauseous, or experience pain. Overuse can lead to muscle soreness or increased pressure in the head.
- See below for Dr. Gray's favorite LB routine.

Safety Tips

- **Supervision for Beginners:** Have someone nearby during your first few sessions in case you need help returning upright or releasing the ankle straps.
- **Avoid Over-Inversion:** Don't exceed your comfort level in terms of angle or time. Full inversion is advanced and not required for benefits.

- Stay Hydrated: Inversion can shift fluids in the body, so drink water before and after to avoid dehydration or lightheadedness.
- Don't Use Immediately After Eating: Wait at least 1–2 hours after a meal to prevent discomfort or acid reflux.

Check for Contraindications: Avoid inversion if you have untreated high blood pressure, heart disease, glaucoma, retinal issues, spinal injuries, or are pregnant, unless cleared by a doctor.

Optional Enhancements

- Stretching or Exercises: Some users perform gentle stretches (e.g., neck or torso rotations) while inverted, but keep movements slow and controlled.
- Heat or Vibration: If your table has heat or massage features, use them to enhance relaxation, but follow the manufacturer's guidelines.
- Combine with Therapy: Use inversion as part of a broader routine (e.g., chiropractic, yoga) for back health, but coordinate with a professional.

Example Routine for Beginners

- Week 1-2: 1-2 minutes at 15-20 degrees, 1-2 times daily.
- Week 3-4: 3-5 minutes at 20-30 degrees, 1-2 times daily.
- After 1 Month: Gradually increase to 5-10 minutes at 30-60 degrees, depending on comfort and goals.

Dr. Gray's Favorite Inversion Routine For Back Pain

- Invert to 30 degrees for one minute then return upright for one minute.
- On your second inversion, increase to 35 degrees for one minute then return upright.
- On each successive inversion, increase by five degrees each time while inverting for one minute followed by one minute upright.
- Repeat this process 7-8 times then stop.
- Can repeat this process 1-2 times daily.

Notes

- Benefits: Inversion may help relieve back pain, improve spinal alignment, increase flexibility, and reduce stress by promoting relaxation. Studies suggest traction can reduce pressure on spinal discs, but results vary.
- Risks: Overuse or improper use can cause dizziness, increased blood pressure, or ankle discomfort. Always prioritize safety and comfort.