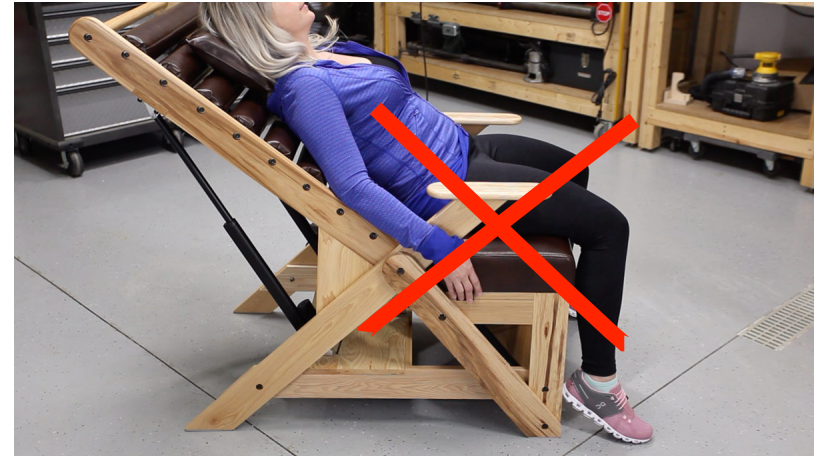


## General Use

### It's not really a Chair

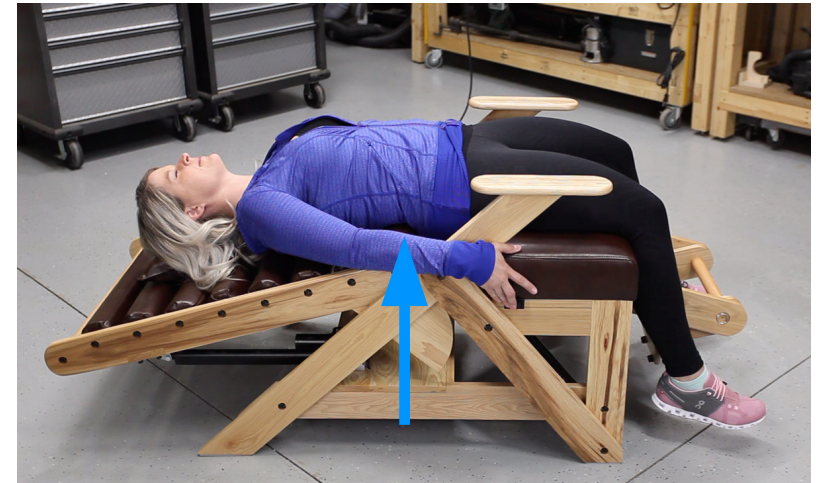
I know, I know...all this time we've been calling this a chair. But, it's not really a chair because sitting isn't the main function. If you plan on sitting in this, you'll probably be a little disappointed because it wasn't really designed for sitting. It was designed specifically for laying down on your back or laying down on your stomach while decompressing and stretching your spine in the process. If you want to sit, there are other "chairs" that are better suited for the job.



### Roller Placement

In most chairs, you tend to scoot your rear as far back into the chair as possible. You don't want to do that with this. As you move the Roller Table backward, try to concentrate on the placement of the lower roller. Use the push / pull traction handles to move your body, allowing you to place the lower roller into the natural curve of your lumbar spine. If you don't have it placed correctly and it's putting pressure on your sacrum, it can cause some discomfort. Start with the Roller Table level. If it feels good, continue adjusting the angle to add more inversion.

**NOTE:** This should bring you relief - not cause any pain. If it's painful to go backward because of a bad disc herniation or disc bulge, stop what you're doing and discontinue use.



## General Use

### Using the Foot Rest

As you adjust the angle of the Roller Table, you should also adjust the Foot Rest so that the curve above your heel (the Achilles tendon) rests on the curvature of the leg rest assembly. Don't rest it on the cross bar. It will be much more comfortable this way.

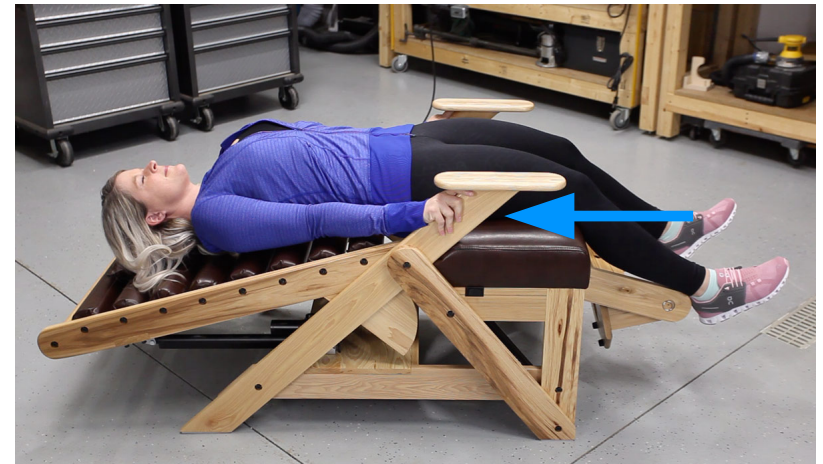
Also, try not to put your leg weight on the foot rest until it stops moving. There's a lot of leverage here and it will be easier on the actuator motor if you move it into position first, then rest your legs on it. This might be obvious, but you also don't want to stand or put all of your body weight on the leg rest.



### The Traction Handles

Use the Traction Handles to push / pull your body for optimum placement of the lower roller and your legs on the Foot Rest. At the same time, don't forget that you have a Leg Rest switch - use it for perfect placement! After you have everything set where you want it, gravity will gently pull on your upper body to help decompress the spine and relief pressure. If you want more decompression, you can push on the Traction Handles which help decompress your spine even more.

**NOTE:** Don't push yourself so hard that you roll down the table and land on your head!



## General Use

### The Pull Bar

The Pull Bar is probably my favorite position for a deep, stress relieving back stretch. In addition to the Traction Handles, the Pull Bar also helps add more traction if you need it. You can also use this to pull and push your body into position like you do with the Traction Handles.



### The Sphinx Work Position

Flip the pillow over the Pull Bar to get it out of the way, then lay on your stomach. This position uses gravity to pull your legs down the Roller Table which helps gently distract the spine to relieve pressure in a similar way that gravity helps in the normal position. It's also very similar to a sloppy pushup, McKenzie, or Sphinx pose in Yoga. All of these are recommended for people with lumbar disc issues. But this is the only one that allows you to get work done at the same time!

To use the Laptop Platform, raise the leg rest to the max position, pull the pin, then rotate the platform to the 69 degree hole position. Set your laptop on the platform and position the two rubber stops so that they are at the rear of your laptop monitor (not the bottom). Then reach around the arm rest and use the switch to fine tune the position of the laptop keyboard to line up perfectly with your fingertips. You can also use the other switch to adjust the angle of the Roller Table to what feels best.





## General Use

### Seated with Laptop

As I go through my work day, I find that I generally feel better if I switch positions frequently without being in a single position for too long. Moving to the Seated with Laptop position with elbows on your thighs is a good change up that feels really good for a few minutes. But you might find that if you're in this position too long, your neck might start to hurt so I wouldn't recommend doing this for an extended period of time. The 90 degree hole position works best when seated.



### Using the Laptop Arm

The Laptop Arm Mount easily attaches to the chair by inserting the bottom into the side of the chair, rotating the arm upward, then simply pushing down. It features a Fleximounts gas spring that allows you to change the height so you can stand while you work, eliminating the need for a standup desk. The arm easily pivots and is height adjustable so that you can also lay down while using the laptop's keyboard and touchpad with an overhead monitor.



## General Use

### The Laptop Arm with Overhead Monitor

I use a rolling monitor stand with a 27 inch Apple monitor which easily rolls over the chair and works great for decompressing while working over extended periods. The Laptop Arm attachment allows me to use the keyboard and touchpad on my laptop while viewing my work on the 27" monitor.

If you end up using it this way, just remember to change the tilt and position of the laptop by moving the underlying tray (not the laptop itself) otherwise the laptop will want to pop out of the tray. It also helps to move the arm at the articulating joints of the arm instead of pulling the laptop around.



### Exercises: The Back Roll Squat

Move the Roller Table into the retracted position, plant your feet on the floor and use your leg muscles to slowly push your back up and down the Roller Table. This is kind of like a gentle form of a squat that works the top of the leg muscles while giving you a nice back massage.



## General Use

### Exercises: Roller Pushups

With the Roller Table retracted to the lowest position, plant your toes on the floor, grab a roller and perform pushups in this position. As you get better, move your hands closer together on the roller to work different muscles. The roller provides a very comfortable and cushioned surface for doing pushups.

To work slightly different muscles, use the Traction Handles and push on those instead of the rollers.



### Exercises: Leg Lift Back Extensions

If you've ever gone through a physical therapy program for lower lumbar back issues, they might have had you doing back extensions on a roman chair to work your lower back muscles. You can work the same lower back muscles on the Inversion Chair by performing leg lift back extensions.

Center your hips on the seat cushion, grab a roller and put your feet together with your toes touching the floor. Proceed to slowly lift your legs until they're level with your body, pause in the superman position for a few seconds, then slowly lower your legs back to the ground while keeping your legs straight. Rinse and repeat. The slower you do this the better. You'll start to feel it in your lower back. **NOTE:** Don't over extend!

