

Back-Tract Spinal Decompression

The Back-Tract Spinal Decompression Device is a lightweight, compact, low impact, and fully adjustable tool designed to help apply tension within the spinal column to decompress the discs of a healthy back by allowing the user to easily alleviate pressure and stretch out your back.

The BackTract is not a medical device, and should not be used to treat injuries or medical conditions without first consulting with a Doctor.

Carefully read all instructions prior to use to avoid injury.

Decompressing you back can take several days or weeks of consistent therapy to achieve positive results. Take your time and go slow, starting with short sessions and low pressures, working up to higher pressures only after you are confident your body is well adjusted.



Back-Tract™

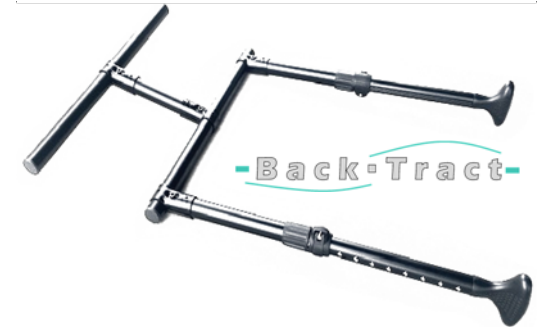
Spinal
Decompression
Made Easy



-Back-Tract-

Back-Tract™ Setup and Instructions

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Back-Tract™
Spinal Decompression
www.thebacktract.com

Patent Pending



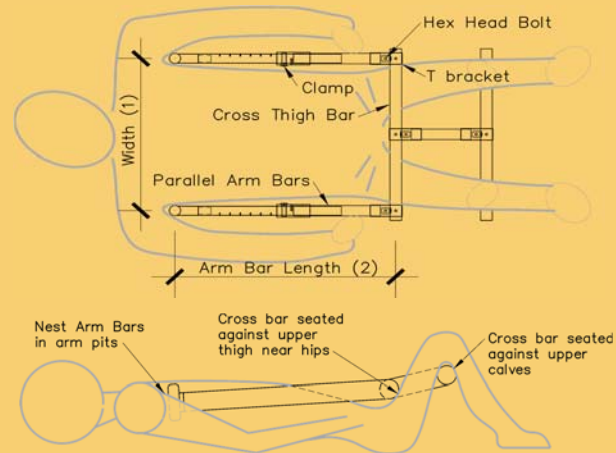
Back-Tract™ Setup

Before using the device for the first time, set up your Back-Tract device to properly fit your body:

1. Before laying down, see if the arm bars fit comfortably into both arm pits at the same time. If the arm bars are too close it won't fit, if they are too far apart the pressure will be applied to your arms and not your arm pits, making it uncomfortable to use. If your Back-Tract needs adjustment, use the included 4.5mm hex head key to loosen the T brackets fastening arm bars to the cross thigh bar (see right). After adjusting the width with the arm bars equal distance from the center bar that goes between your knees, tighten the T Bracket bolt securely enough to not slip or rotate when you apply the full tension through the frame.

2. Get into position. While laying flat on your back with knees raised and feet flat on the ground, fit the Back-Tract over your body, placing the arm supports under your arms, the upper cross bar snug against the thigh near your hips, and the lower cross bar under your knees. If the arm supports are not nested snugly in your armpits, loosen the clamp on one of the arm bars to extend the top into your armpit while the cross bar is snug against your thigh. Close the clamp. Take note of the measurement and adjust the other arm bar to match.

3. The crossbar below the knee should push against the back of your calves (while laying flat on your back with knees raised and feet flat on the floor close to your bottom) near the top of the calf (see right). If the angle of the center bar is too steep or too shallow, loosen the center T bracket with the included 4.5mm hex head key to set the correct angle, then tighten the bolt to fix the bar securely in place.



Back-Tract User Diagram

Using the Back-Tract™

Part 2: Usage

1. Get in Position: While laying flat on your back with knees raised and feet flat on the ground, fit the Back-Tract over your body, placing the arm supports under your arms pressed up into the armpits, the upper cross bar snug against the thigh near your hips, and the lower cross bar under your knees spine.
2. How to Use: Start by applying gentle pressure downward into the arm supports with your shoulders, by lowering your shoulders down toward your hips. You should feel the crossbars pushing against your thighs and upper calves immediately creating tension in the spine.
3. Pay Attention: Take notice of the tension in your spinal cord. Start slowly, adjusting the tension as needed by releasing the downward pressure.
4. Decompress: Once you get comfortable, find the right amount of decompressing pressure and hold for ~15 seconds, then release the pressure. Re-apply tension in 15 to 30 second intervals, allowing at least 15 seconds of rest between sets.
5. Start Slow: When starting out, limit yourself to two or three light repetitions (15-30 seconds each) with gentle pressure, then recover (see items 7 and 8 below) to see how your body responds.
6. Old Pro: Once you are comfortable using the device, increase the pressure and time as you are able to (without causing injury), pursuing your decompression goals.
7. Recovery: After decompressing, lay flat on your back for at least a minute to allow your body to adjust and recover. Longer recovery may be necessary for higher tension or longer periods of decompression. Avoid getting up, rotating, twisting, putting any strain or pressure on your spine during recovery.
8. Times Up: After the recovery period, slowly and cautiously roll over onto your side or stomach and raise to your knees, using a chair, or stool to support your upper body until you position yourself to a vertical spine. Once vertical, allow yourself a minute for gravity to resettle your spine before getting back to regular activity.

For more tips and videos on using the Back-Tract Spinal Decompression device, visit us at www.TheBackTract.com.

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