

Inversion Benefits

Today's fitness and health conscious individuals are a diverse group representing a wide spectrum of fitness needs. As people become more exercise savvy, many look for more than basic treadmills and weight machines to give them a "whole body" workout. They recognize the importance of a well-balanced workout, one that keeps them toned, fit and flexible.

Similar to the benefits accomplished with Yoga or Pilates, inversion equipment can help users improve flexibility, build core muscles and relax and reduce stress. However, the simplicity of use makes Teeter® inversion equipment approachable and appealing to a greater cross-section of people. The Teeter brand Power VI™ Inversion Table and the DEX • decompression & extension™ provide effective platforms on which users can stretch, relax, decompress and exercise. A regular program of inversion may help to:

Increase flexibility and range of movement

Stretching while inverted maximizes effectiveness because it utilizes the users own body weight as well as eliminates any compression. The resulting traction lengthens muscles and increases separation of weight bearing joints thus improving circulation to the soft tissue of the joints, helping them to rejuvenate naturally. Users may also find that inversion relieves or reduces back pain.

Enhance alignment and balance

Joints that are slightly out of alignment from overuse and misuse are helped to naturally realign with gentle stretching during decompression, resulting in better body symmetry and posture. When the body is balanced, it is more resilient to injury and able to perform at a higher, more efficient level.

Reduce stress on body after a hard workout

Inversion decompresses joints, helping them to re-hydrate for better shock absorption and reduced pain. During a high impact workout, joints and especially discs, loose fluid resulting in a temporary height loss of up to 0.75 inches (1.9 cm). Inversion has been proven to increase intervertebral separation thus helping the discs to recover faster.

Reduce pain in overworked muscles

Athletes prone to stiffness or muscle spasms after a workout can benefit from the lymphatic wash provided by inversion. Intense muscle activities cause a build up of large amounts of lactic acid and carbon dioxide, which results in sore muscles. The faster this waste is cleared, the faster the pain and stiffness disappear.

Improve muscle development

Thousands of destroyed cells need to be trucked away after every workout to make room for new growth. This happens through the lymph system, which circulates slowly, taking many hours to make one cycle. Inversion helps to stimulate lymph flow which speeds the removal of waste and allows the body to focus on building new muscle tissue. This equals faster recovery after a workout and quicker results.

Build core muscle groups

Well-developed core muscles support the spine in proper alignment, helping to avoid injury and improve athletic performance. Unfortunately, most exercises designed to build core muscles must be performed with great technical accuracy or they can cause injury to the lumbar spine. Exercises such as sit-ups and crunches executed from the fully inverted position, plus back extensions performed with the hips parallel to the floor (while using the DEX) help to strengthen core muscles, without adding compressive loads to the spine.

(cont.)

Inversion Benefits (cont.)

Strengthen ligaments

Ligaments are fibrous, collagen-filled strips of tissue that hold your bones together. They are flexible but not very elastic, and can tear when they endure sudden strain or are stretched too far. Mobilization and gentle loading of ligaments can help to increase the collagen content of the tissue, which results in increased ligament strength. Inverted stretching and exercise provides gentle reverse loading and mobilization of the spine and weight-bearing joints, helping to strengthen the fibrous structure encasing these joints. Strong ligaments and muscles are vital for proper joint support, helping to protect the athlete from injury.

Provide balance and orientation training

The performance of inverted activities can be enhanced through inversion training. Inversion helps to develop balance awareness, which occurs when the upper regions of the inner ear are stimulated. Sky divers, gymnasts, springboard divers, and scuba divers find that inversion therapy fine tunes the body and inner ear to the inverted world. Inversion therapy has also been used to normalize the ear canal as a treatment for motion sickness.

Achieve functional fitness

Functional fitness can be described as a state of flexibility, strength and balance that supports youthful movement and activity. A regular program of inversion can benefit your members in a way that will help them move better, feel better and maintain an active, healthy lifestyle.