



Digital Support

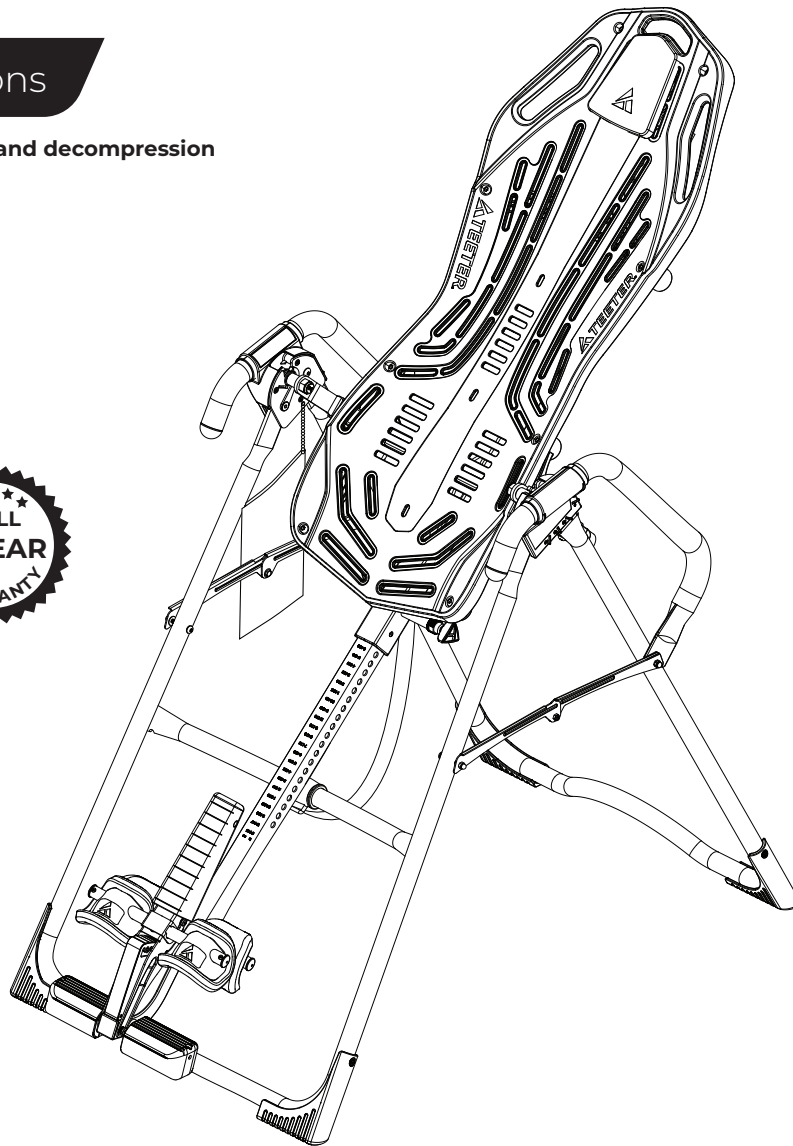
Follow along with your smartphone to make assembly even easier!

pg. 5

FT-1 Inversion Table

Assembly Instructions

For gravity-assisted stretching and decompression



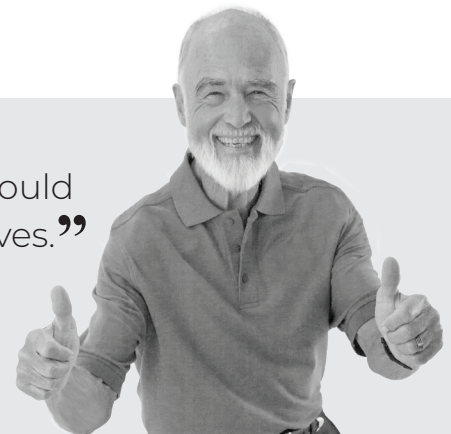
To download and print the Teeter FT-1 instructions, visit the Product Manuals page at teeter.com.



*Specifications may vary from this image and are subject to change without notice.

“I created Teeter so people could live healthier, more active lives.”

- Roger Teeter founder & innovator



Welcome to the Teeter Family

Congratulations on your purchase of a Teeter FT-1 Inversion Table! For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the Owner's Manual attached to the equipment before inverting. Teeter Decompression Devices are multiple user, reusable medical devices for home use, intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.

We've Got Your Back!



Teeter Decompression Devices are 510(k) registered with the FDA and are indicated for the following:

- Back pain
- Muscle tension
- Degenerative disc disease
- Spinal degenerative joint disease
- Spinal stenosis
- Herniated disc
- Spinal curvature due to tight muscles
- Sciatica
- Muscle spasm
- Facet syndrome



If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated product service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at **teeter.com**.



Trust Teeter for unmatched quality and performance, backed by our industry-leading warranty coverage. To register your product warranty, go to **teeter.com/Support/Warranty-Registration**

Assembly Instructions

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BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE

⚠ WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- **DO NOT** use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
 - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
 - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
 - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
 - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
 - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
 - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
 - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- **ALWAYS** be certain the Ankle Lock System is properly adjusted and fully engaged, and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock System is snug, close-fitting and secure EVERY TIME you use the equipment.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis-style shoe.
- **DO NOT** wear any footwear that could interfere with securing the Ankle Lock System, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- **DO NOT** use the inversion table until it is adjusted properly for your height and body weight. Improper settings can cause rapid inversion or make returning upright difficult. New users, and users who are physically or mentally compromised, will require the assistance of a spotter. Make sure the equipment is set to your unique user settings prior to each use.
- **DO NOT** sit up or raise head to return upright. Instead, bend knees and slide your body to the foot-end of the inversion table to change weight distribution. If locked out in full inversion, follow the instructions for releasing from the locked position before returning upright.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine. Keep children, bystanders, and pets away from machine while in use. The inversion table is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- **DO NOT** store the inversion table upright if children are present. Fold and lay the table on the floor. **DO NOT** store outdoors.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while on the inversion table. Use the inversion table only for its intended use as described in this manual.
- **DO NOT** drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS

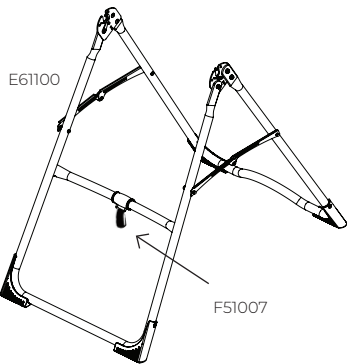
Parts for Assembly

Parts are not shown to scale. Hardware drawings located on the insert inside each Hardware Kit.

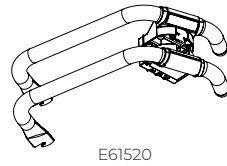
ITEM NO.	ITEM NAME
Stretch-and-Grip™ A-Frame Base Assembly	
E61100	A-Frame
F51007	Angle Tether pre-assembled to A-Frame
Handle Assembly	
E61520	Stretch Max™ Handles (2)
HK1008	Handle Assembly Hardware Kit
Roller Hinge Assembly	
F51064B	Roller Hinges (2)
FitSpine™ Table Bed Assembly	
EX1300	FitSpine™ Table Bed
HK1010	FitSpine™ Table Bed Hardware Kit

ITEM NO.	ITEM NAME
Main Shaft Assembly	
EX1630	with EZ-Reach™ Ankle Lock System
Optional Accessories	
EX1800	Head Pillow
Tools Provided for Assembly	
IA1149	5mm Allen Wrench (1)
EP1128A	6mm Allen Wrench (1)
F51088	Open-Ended Wrench (1)
Product Support	
FT1022	Getting Started DVD
FT1032	Owner's Manual — <i>Pre-assembled to A-frame</i>

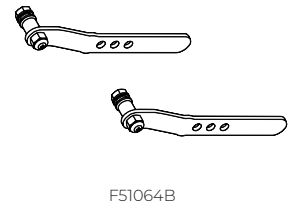
Stretch-and-Grip™ A-Frame Base Assembly with pre-assembled Angle Tether



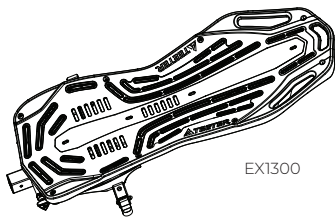
Handle Assembly Use with Handle Assembly Hardware Kit (HK1008)



Roller Hinge Assembly

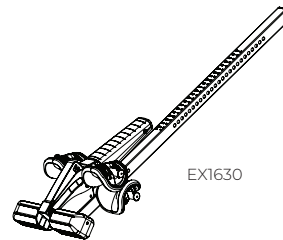


FitSpine™ Table Bed Assembly Use with Table Bed Hardware Kit (HK1010)

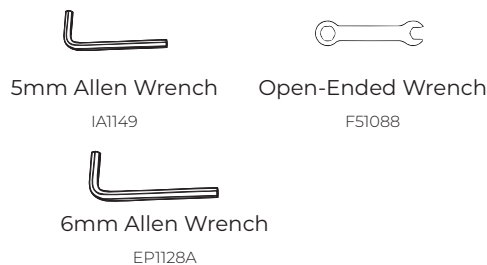


Main Shaft Assembly

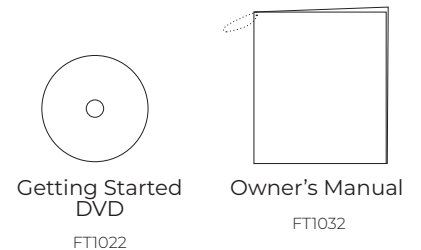
EZ-Reach™ Ankle Lock System



Tools Provided for Assembly

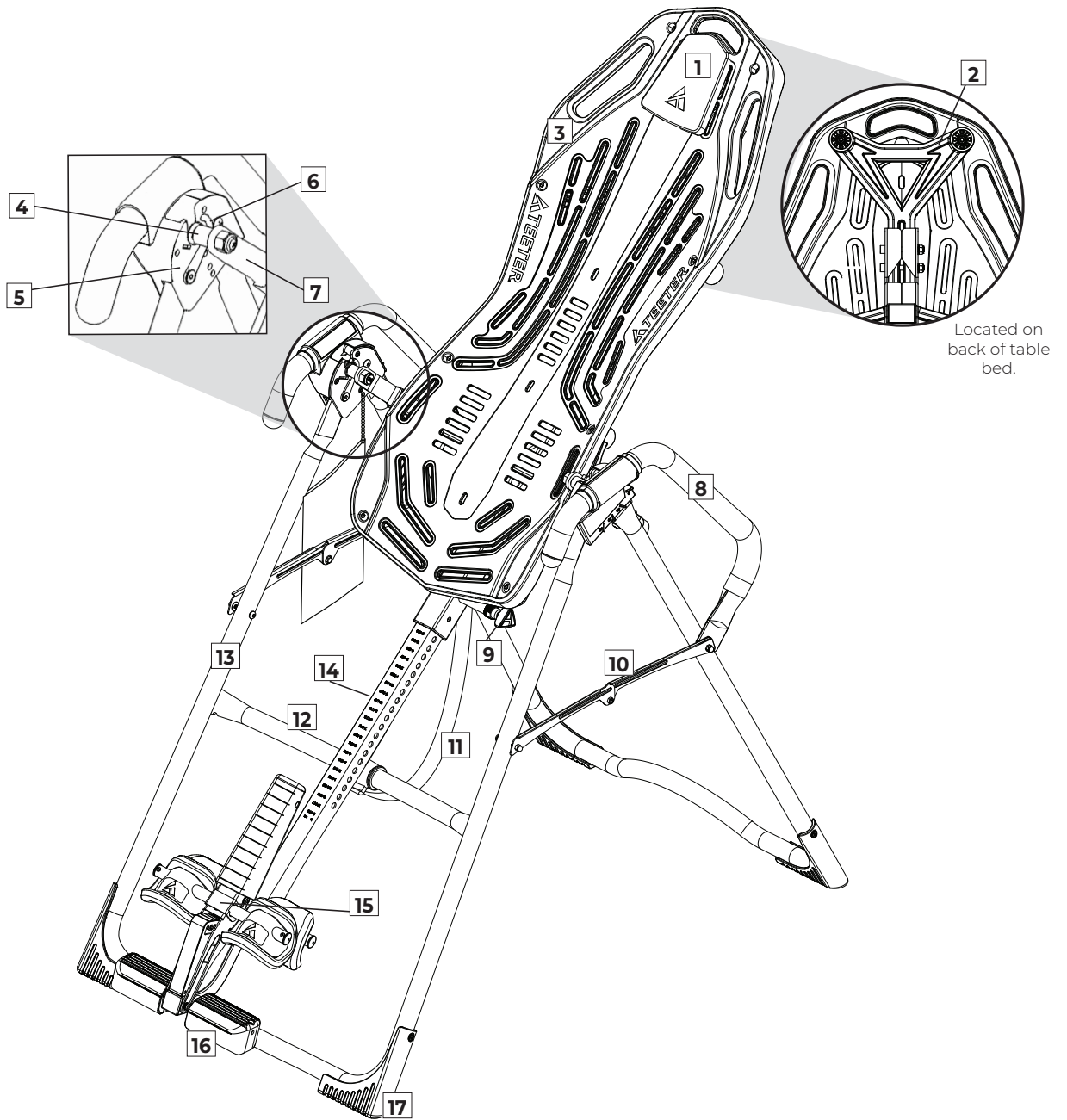


Product Support



Understanding Your Inversion Table

Before reading further, study the drawing below to familiarize yourself with the important components of your Teeter Inversion Table.



Identifying Parts and Components

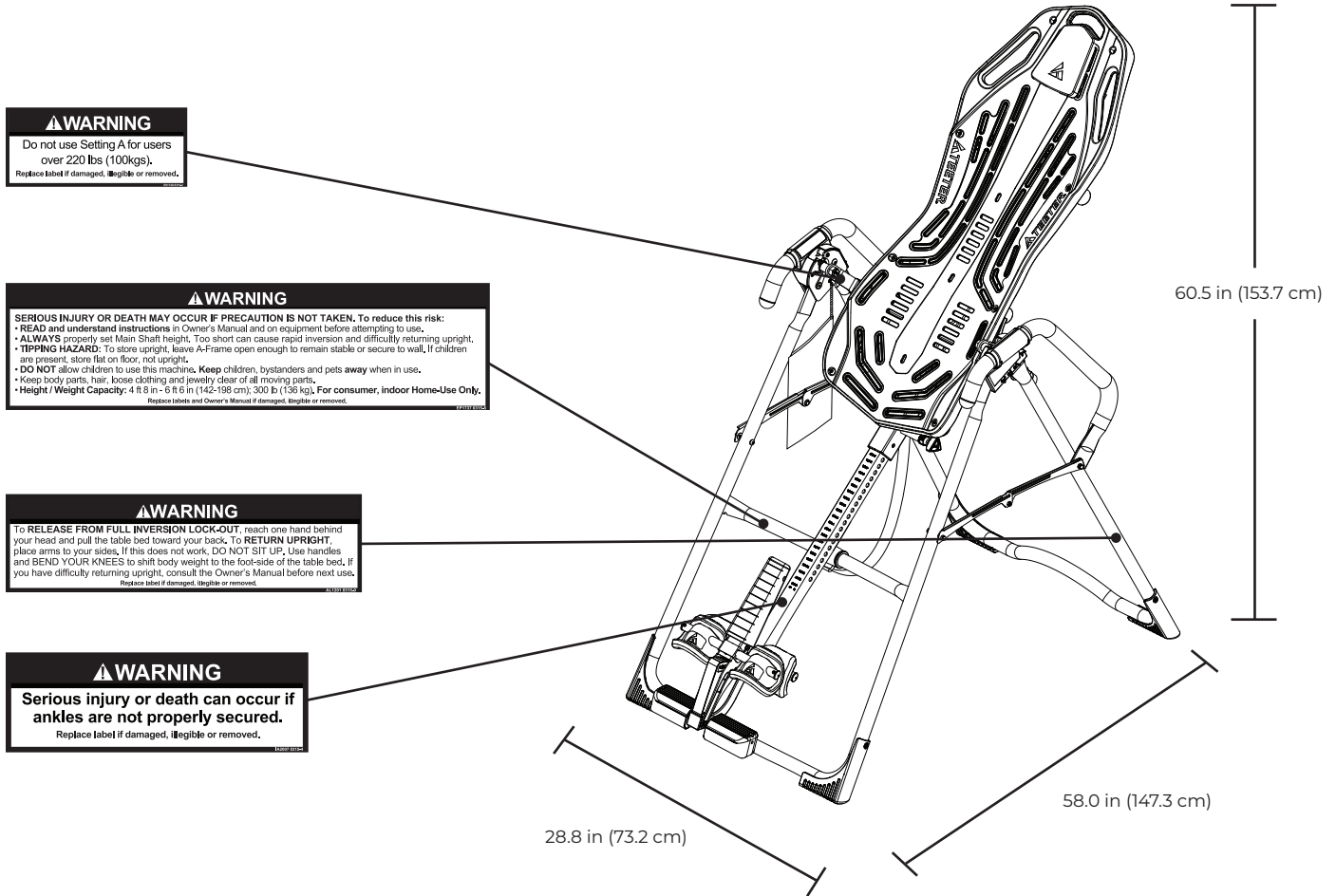
1	Head Pillow	7	3-Hole Roller Hinges	13	A-Frame
2	Upper Support Arms	8	Handles	14	Main Shaft
3	FitSpine™ Table Bed	9	Height-Selector Locking Pin	15	Ankle Lock System
4	Pivot Pins	10	Spreader Arms	16	Ankle Comfort Dial™
5	Hinge Plates	11	Angle Tether	17	Non-Skid Stability Feet
6	Self-Locking Hooks	12	Crossbar		

Safety Warning Labels & Product Specifications

Important: Please review all labels and supporting materials before using your inversion table.

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



Assembled Non-Use Dimensions: 58.0 (L) x 28.8 (W) x 60.5 in (H) (147.3 x 73.2 x 153.7 cm)

Maximum In-Use Dimensions: 81.0 (L) x 28.8 (W) x 86.5 in (H) (205.7 x 73.2 x 219.7 cm)

Storage Dimensions: 20.0 (L) x 28.8 (W) x 66.0 in (H) (50.8 x 73.2 x 167.6 cm)

Weight (approx.): 64.3 lb (29.2 kg)

Before Beginning Assembly

Unpack and Prepare Your Workspace

- If possible, assemble the equipment at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the manuals. They are labeled to correspond with the assembly process.

Making Assembly & Use Even Easier with Digital Support



Watch, Assemble, and Learn!

Watch the Getting Started DVD or access the Video Portal for easy step-by-step assembly instructions, how-to videos, follow-along stretching and exercise routines, and more. Scan the QR code or visit teeter.com/videos to get started.

Access



Video Portal



FREE App with 3D Assembly Instructions

For step-by-step, 3D interactive instructions, download BILT® to your smartphone to follow along. Scan the QR code or search "BILT" in your app store to download the app, then search for your model (Teeter FT1001L2) within BILT® to get started!

Get



BILT.



Reach Your Inversion Goals with TeeterLink®

Get more from your inversion sessions with TeeterLink®, the FREE app that lets you track usage and pain levels, get reminders and customized guidance, access support, and more! Scan the QR code or search "TeeterLink" in your app store to get started.

Get

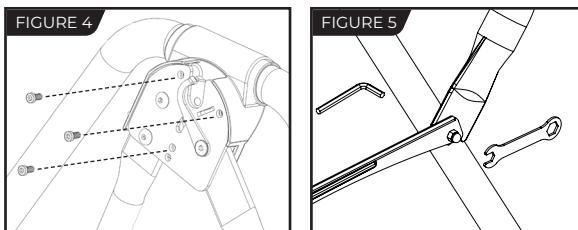
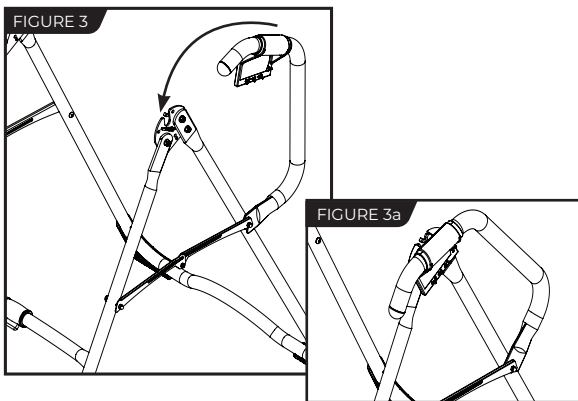
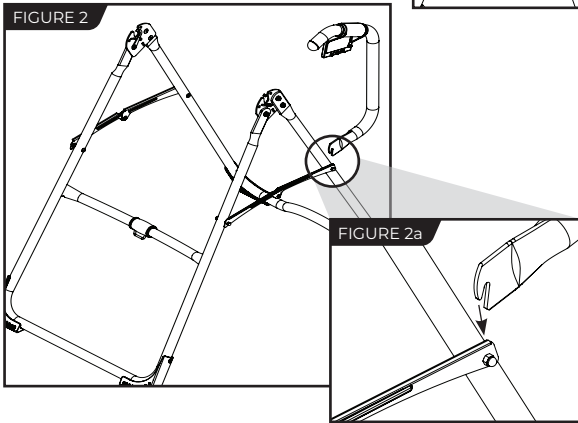
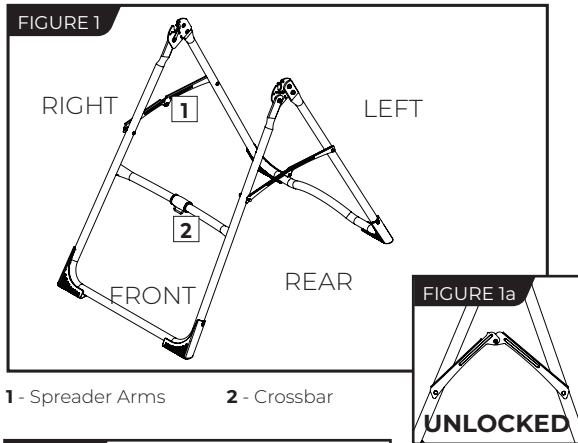


TeeterLink®



STEP ①

Assemble A-Frame Base & Stretch Max Handles

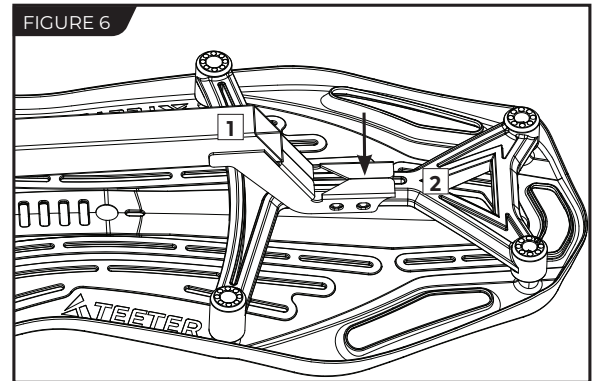


- On a level surface, position the A-Frame so that it is standing upright and the Stability Feet are on the ground.
- Gently push down on the Spreader Arms to ensure they are fully open and in the “locked” position (Figure 1).
- Look for temporary circular assembly assistance labels on the A-Frame. **RIGHT, LEFT, FRONT, and REAR** indicate your position while using the equipment, not facing it. These labels can be removed easily upon completion of assembly.
- Locate the Handle Assembly Hardware Kit (HK1008).
- Determine the left or right handles, marked with an embossed L / R on the inside of the black plastic part of each handle.
- Position the lower handle portion of the corresponding handle (left / right) at the rear junction of the A-frame leg and Spreader Arm (Figure 2 & 2a). The Lower Handle Bolt with Spacer has been assembled loosely so that you will be able to seat the U-shaped portion of the lower handle over the Spacer in between the Spreader Arm and the A-frame leg. Do not tighten the bolt yet.
- Keeping the lower handle portion seated onto the Spacer, align the upper handle portion’s black plastic part over the outside edge of the Hinge Plate on the A-Frame (Figure 3 & 3a).
- Insert and loosely hand-tighten three of the Allen Head Screws through the Hinge Plate into the handle (Figure 4).
- Now tighten the Lower Handle Bolt using the 5mm Allen Wrench and Open Wrench provided, ensuring that it is fully secured but not over-tightened (Figure 5).
- Finally, tighten the Allen Head Screws for the upper handle using the 5mm Allen Wrench provided.
- Repeat these steps on the other handle.

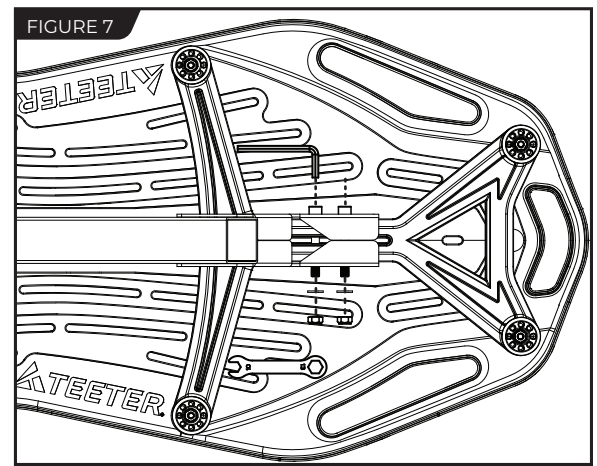
STEP ②

Assemble Table Bed

- Locate the Table Bed Assembly Hardware Kit (HK1010).
- Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 6). You may have to exert extra pressure to ensure that the Support Beam slides over the rubber spacers.
- Insert the two Bolts into the open holes (Figure 7).
- Thread a Washer and Nut onto each Bolt and hand-tighten.
- Using the 6mm Allen Wrench to steady the bolts, tighten the Nuts onto the Bolts with the 10/13mm Open-Ended Wrench.

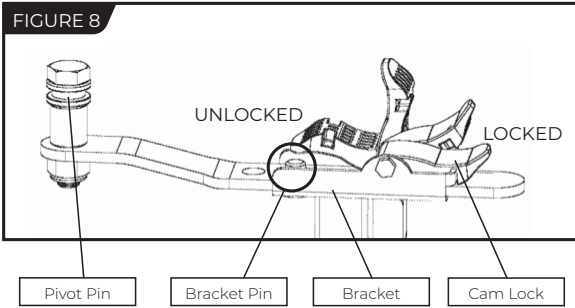


- 1 Support Beam
- 2 Upper Support Arms



STEP ③

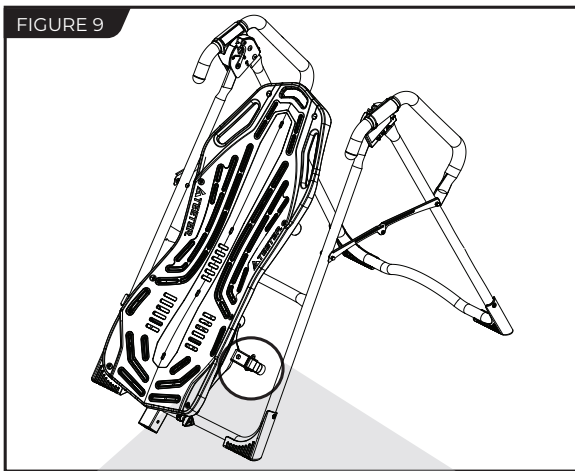
Assemble Roller Hinges to Table Bed



- Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms (Figure 8).

⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin. ALWAYS insert the 3-Hole Roller Hinge (with the Pivot Pin on top and facing out) in the same direction as the arrow label located inside of the Cam Lock for proper assembly.



- For ease of assembly, rest the Table Bed against the Crossbar (Figure 9) at the front of the A-Frame.

- On one side of the Table Bed, lift and hold the Cam Lock up all the way to unlock (Figure 10).

- In your other hand, hold one Roller Hinge near the Pivot Pin. With the Pivot Pin facing out (away from the Table Bed), slide the bottom of the Roller Hinge between the Cam Lock and the Bracket in the same direction as the arrow label located inside of the Cam Lock.

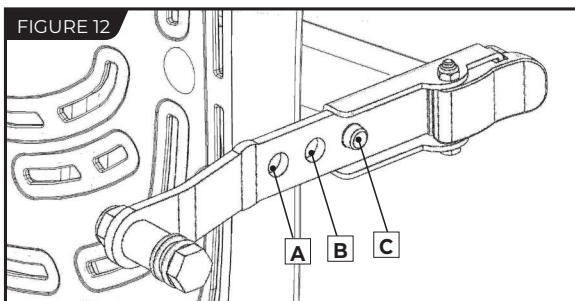
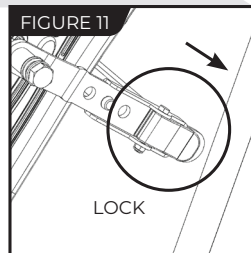
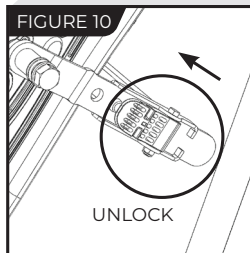
TIP: Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.

- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 12 shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C.

NOTE: Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.

- Push down on the Cam Lock (Figure 11) to lock it and secure the Roller Hinge.

- Repeat on other side. Make sure the Roller Hinges are in the same hole setting on both sides.



STEP 4

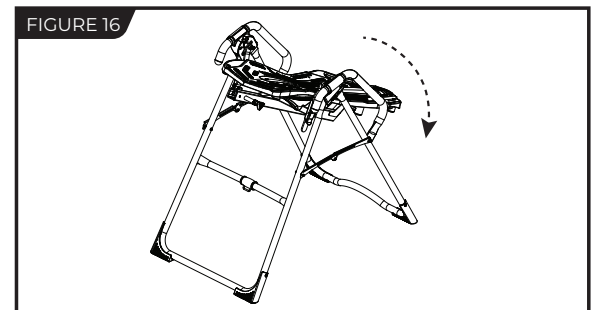
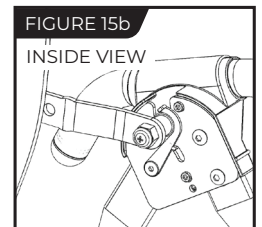
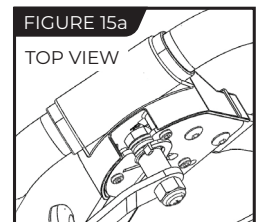
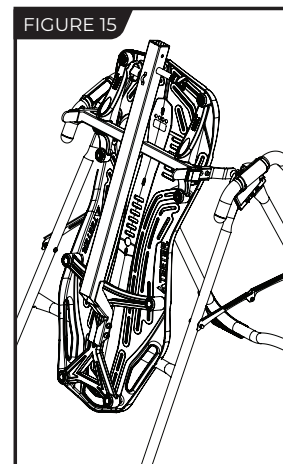
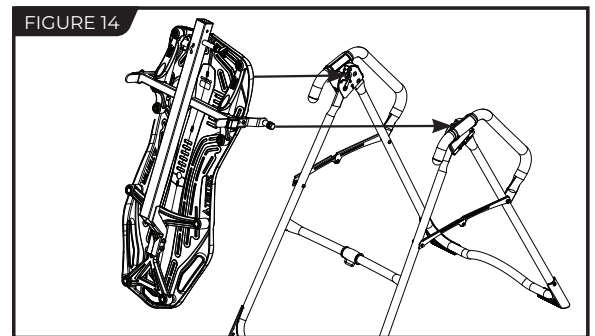
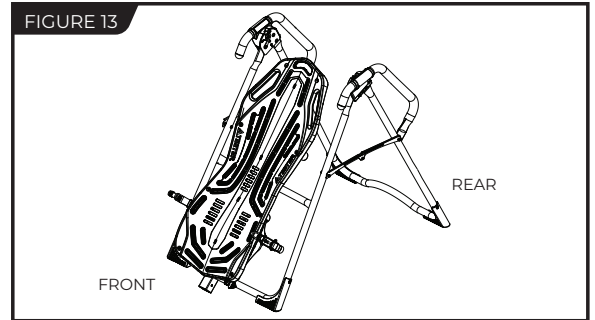
Assemble Table Bed to A-Frame

- Face the front of the A-Frame where the Crossbar is located (Figure 13).
 - Grasp both Roller Hinges, right above the Cam Lock, and lift the Table Bed. Allow the top of the Table Bed to rotate toward the floor, so that the back of the Table Bed is now facing you and the top of the Table Bed is in front of the Crossbar (Figure 14).
 - Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 15). The Self-Locking Hooks will open to allow the Pivot Pin into the Hinge Plate slot, then automatically snap closed over the Pivot Pin.
- TIP:** You may need to push outward on the Hinge Plate in order for the second Pivot Pin to lock in place.
- Make sure that each Pivot Pin is seated at the base of the slot in the Hinge Plates, and that the Self-Locking Hooks have closed over both Pivot Pins (Figures 15a & 15b).

⚠ WARNING

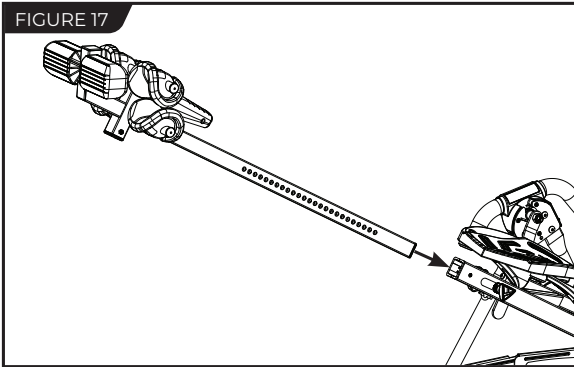
Failure of the Self-Locking Hooks to close over both Roller Hinge Pivot Pins is an indication of improper assembly and if not corrected could result in serious injury or death!

- Rotate the Table Bed into the use position (Figure 16). Ensure that it rotates smoothly. See also Image A on Page 12 to ensure correct assembly.



STEP ⑤

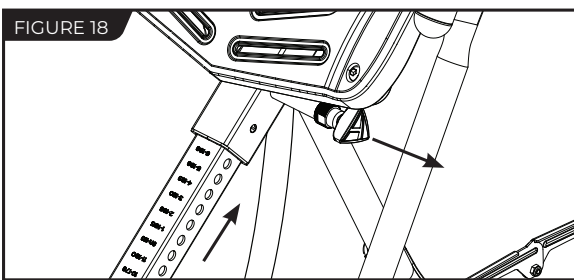
Assemble Main Shaft to Table Bed



- Facing the front of the A-Frame, hold the Main Shaft in your left hand with the height markings facing up. Slide the end of the Main Shaft into the Main Shaft Housing (Figure 17), located at the base of the Table Bed.

- With your right hand, pull out the Height-Selector Locking Pin (Figure 18) to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner's Manual for more information on selecting your height setting.

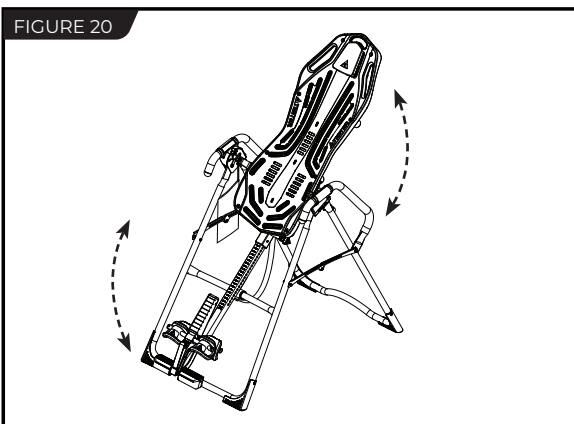
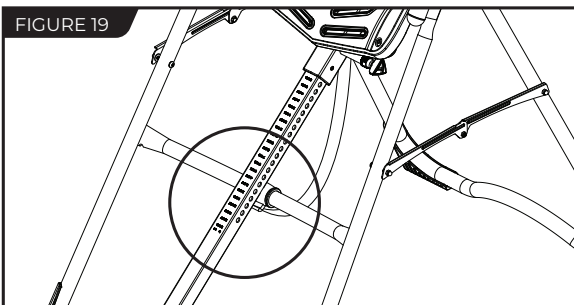
- The Main Shaft **MUST REST** against the Crossbar bumper on the A-Frame (Figure 19).



IMPORTANT: The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar bumper as shown in Figure 19, then the Table Bed has been assembled backwards onto the A-Frame.

This **MUST BE CORRECTED** before use. See also Image B on Page 12 to ensure correct assembly.

- Test the inversion table by hand for smooth and steady rotation (Figure 20) and ensure that all fasteners are secure.

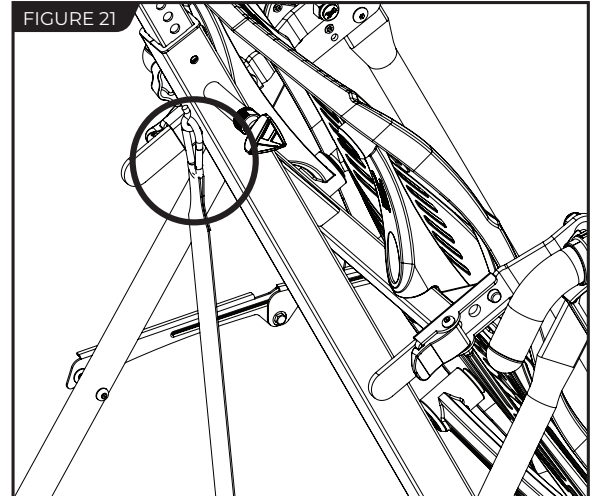
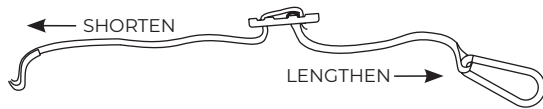


STEP ⑥

Attach Angle Tether & Head Pillow

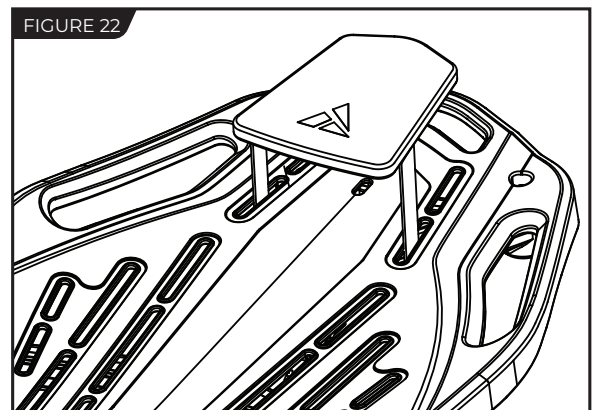
Attach Angle Tether

- The tether will come pre-assembled to the A-Frame.
- Unfold the adjustable tether and clip it to the U-Bar on the underside of the Table Bed (Figure 21).
- Slide the buckle to lengthen or shorten the strap depending on your desired maximum angle of inversion.



Attach Head Pillow

Attach the Head Pillow by securing the Velcro Straps through the specified holes in the Table Bed (Figure 22), which allow the pillow to shift with the user when in use. You may also customize the position depending on your preference.



Misasassembly Check

WARNING

If your Teeter Inversion Table looks like either of these images, your inversion table has been misassembled and is unfit for use. Improper assembly could result in serious injury or death!

Image A

Go back to Step 3 for instruction.
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.

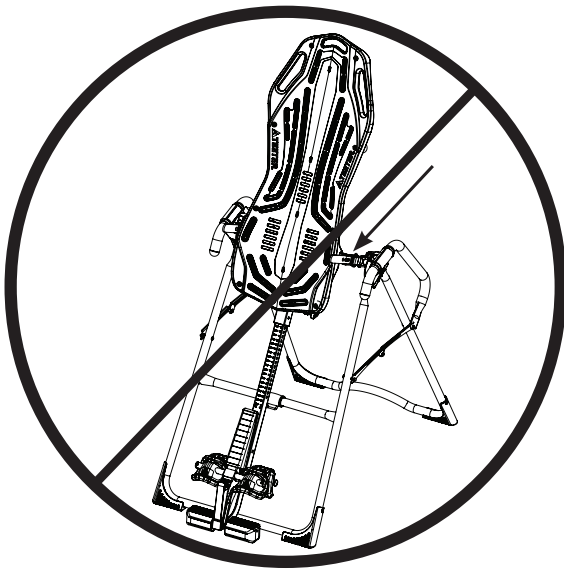
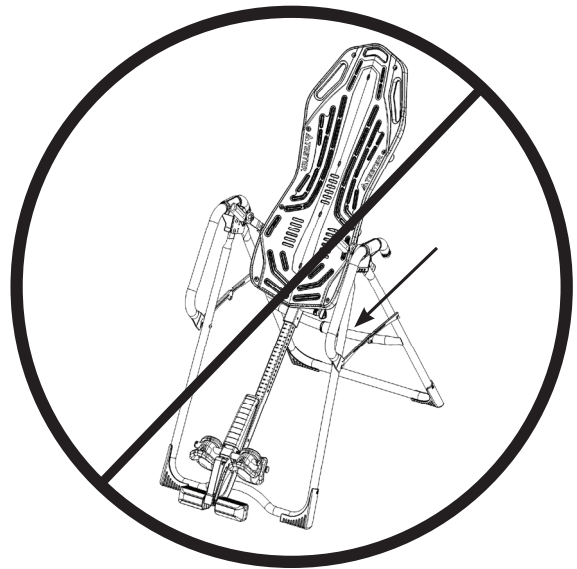


Image B

Go back to Step 4 for instruction.
Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.



Before Inverting

Ensure Owner's Manual is Attached

The Owner's Manual contains important information on how to use your Teeter Inversion Table, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.

- If not already attached, thread the provided metal chain through the pre-punched hole in the upper corner of the Owner's Manual.
- Secure the chain to the A-Frame through the designated hole in the Hinge Plate (Figure 23 & 23a). Allow the Owner's Manual to hang freely on the outside of the A-Frame Spreader Arms so it doesn't interfere with the rotation of the Table Bed.

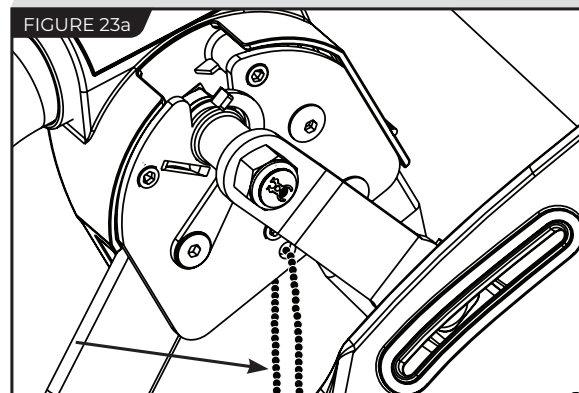
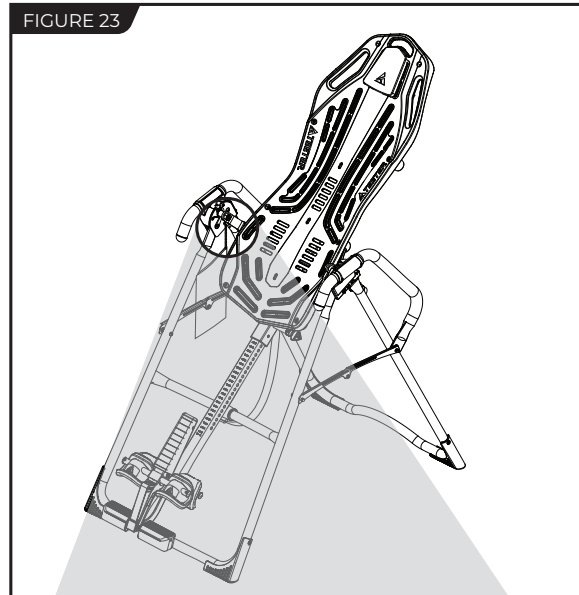
IMPORTANT: Once attached to the A-Frame, **DO NOT** remove the Owner's Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.

⚠️ WARNING

Read the Owner's Manual thoroughly before using your Teeter Inversion Table. Improper settings could result in serious injury or death!

View the Remainder of the Getting Started Video

A helpful supplement to the Owner's Manual, the Getting Started Video includes easy-to-follow instructions on user settings, how to invert, storage and maintenance, and even stretching and exercises you can do with your Teeter. Watch the included DVD or visit teeter.com/videos.



Reach Your Inversion Goals with TeeterLink®

Get more from your inversion sessions with TeeterLink®, the FREE app that lets you track usage and pain levels, get reminders and customized guidance, access support, and more! Scan the QR code or search "TeeterLink" in your app store to get started.



The Teeter warranty set forth below and on Teeter.com applies to the Inversion Table only. Accessories may come with their own terms. This warranty applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information which will vary depending on country.



During the period starting with the day of retail purchase and continuing for five (5) years, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials, workmanship, fabrics and padding. Teeter will repair or replace any such defect and will pay the costs of all parts, labor and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. This warranty shall be governed by the laws of the State of Washington, USA. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter's principal place of business.

Some states do not allow the exclusion of incidental or consequential damage from a warranty, so the above limitation or exclusion may not apply to you. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state. This warranty is completely transferable to any and all future owners of this product, provided no alterations have been made to the product.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

 Date of Purchase

 Product & Model

 Dealer Name

 Serial No.

Step 2

Go online to teeter.com to register your warranty.

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please DO NOT mail this to Teeter.



PLEASE RETAIN THIS FOR YOUR RECORDS

T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



P2™ Back Stretcher

Apply gentle, user-controlled traction to allow the lower back to decompress, reduce nerve pressure, and relax tense muscles.



Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



Better Back™ Vibration Cushion

Transform your Teeter Inversion Table to help revive tired, sore muscles. Features 10 vibrating massage motors, neck support with light-heat technology, and LCD remote control.



reNEW™ Muscles Pain Relieving Cream

Deeply penetrates sore and aching muscles on contact. Specially formulated with emu oil, arnica, MSM, and glucosamine.



Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



FreeStep™ Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

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This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards.
Any modification to this device will void the UL Listing.



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Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of the Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.