

What to Consider Before You Invert? .Contraindications.

PRODUCT TRAINING

What are Contraindications?

Inversion therapy can provide innumerable health benefits; however, it may not be for everyone. Teeter provides a list of contraindications on the laminated Owner's Manual attached to the table as a guide for your customers – if a customer has one of the conditions listed, we advise that they speak to their doctor before inverting. This list is not exhaustive, but merely serves as a guide to help your customers evaluate their readiness for inversion. No matter their age or condition, Teeter always advises that customers speak with their doctor before beginning a course of inversion or any other exercise plan.

Contraindications for inversion may include, but not limited to:

- Anti-Coagulants (Use of)
- Bone weakness, recent fractures, skeletal implants
- Conjunctivitis - (Pink eye)
- Glaucoma
- Heart / circulatory disorders
- Hiatal hernia, ventral hernia
- High blood pressure, hypertension
- Middle ear infection
- Obesity (extreme)
- Pregnancy
- Retinal detachment
- Spinal injury
- Stroke
- Transient ischemic attack

Is the human body meant to be upside down?

Some customers may come to you with questions or fears about the safety of this type of activity. It's important for people to realize that inversion is an activity that comes naturally to us in all stages of life:

- As fetuses, we all develop in the near-weightless environment of our mothers' wombs. During the last trimester, we actually turn upside-down to assist with brain development.
- As infants, we often slept bottoms-up! Keeping our heads lower than our hearts, we encouraged an adequate supply of blood and oxygen to our brain for development.
- As children, we love to "escape from gravity" by riding the swings or hanging upside down on the monkey bars.
- As adults, we prop our legs and feet on desks or stools to compensate for gravity's constant presence.

SALES TIP

Just like yoga, weight training or running, their initial experience with inversion may feel unusual and even awkward, but with practice it can be a rewarding and relaxing experience.

