

# Assembly & User Instructions



## Better Back™ Acupressure Nodes

### ⚠ WARNING

- **DO NOT** use until you have read and understood the Owner's Manual and viewed the Getting Started DVD that accompanies the inversion table.
- **DO NOT** use if you are not already comfortable using the inversion table. The nodes are designed for use by advanced users only.
- **DO NOT** use on sensitive skin, when sores/skin lesions are present or on varicose veins.
- **DO NOT** use if you have muscle, ligament, tendon or other soft tissue injuries.
- Use only against muscles. **DO NOT** position nodes so that they place pressure on bones.
- Prolonged use may cause muscle soreness; it is recommended to use nodes in moderation.
- **DO NOT** use product as a replacement for medical advice. Consult with your physician prior to use.
- **CHOKING HAZARD:** Small parts - keep out of reach of children.

Personalize the intensity and target zone of the Acupressure Nodes by positioning the varying sizes along different parts of the Table Bed as desired.

### How to Assemble

- Determine your desired node position along the table bed. Unscrew the black backing from the node and insert the backing into the slot from the rear of the bed so the threads are visible from the front (Figure 1).
- Hold the backing steady with one hand while positioning the node with the other hand over the threads on the front side of the bed. Twist the node clockwise to secure it into place (Figure 2).
- Secure the node just tight enough to keep it in place but do not overtighten to avoid damaging the node.
- Repeat with additional nodes in varied placements as desired.
- For ComforTrak Beds: to shift node placement within a track, simply loosen the backing and slide the node in the slot.
- When nodes are removed, be sure to replace the backing into the node so that the two pieces remain together.



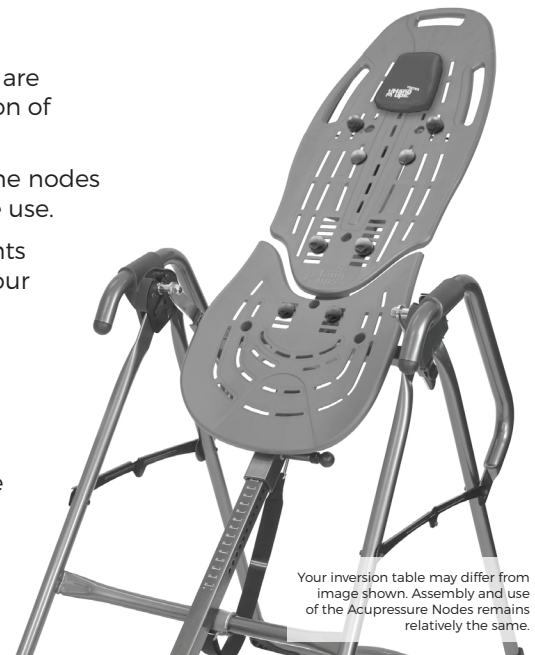
Figure 1



Figure 2

### How to Use

- Set the Angle Tether to a moderate inversion angle and use a spotter until you are able to find the correct balance settings and are comfortable with the operation of the table.
- Start with the smaller nodes and work your way up to the larger ones. Use of the nodes may cause muscle soreness. If you feel any discomfort, decrease or discontinue use.
- The ideal placement of the nodes depends on where your muscle tension points align with the slots in the table bed. You may need to test the positioning of your nodes a few times until you find what works best for you.
- The pressure of the nodes will vary as the table rotates up or down. The nodes work best between intermediate to moderate inversion (20-45 degrees). Full inversion moves the body away from the table bed and will reduce the effectiveness of the nodes.
- While inverted, stay at a static incline to maintain a steady pressure, or oscillate (move between different angles of inversion) for a massaging action.



Your inversion table may differ from image shown. Assembly and use of the Acupressure Nodes remains relatively the same.