

# Assembly & Use Instructions

## ⚠ WARNING

- **DO NOT** use until you have read and understand the User Guide.
- **DO NOT** use if you are not already comfortable using the inversion table. The Traction Handles are designed for use by advanced users to add stretching and decompression to inversion.

## Determine Your Setting

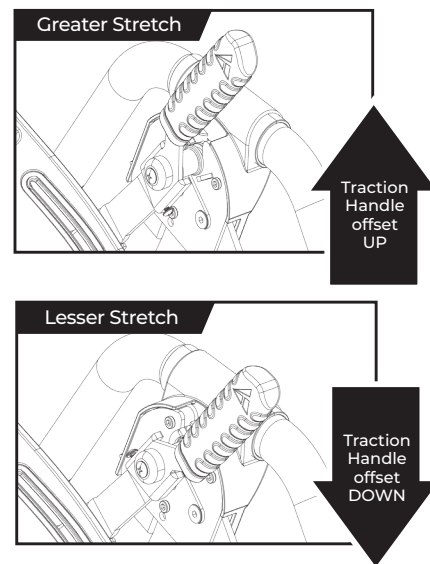
EZ-Stretch Traction Handles are designed with a diagonal offset to accommodate various lengths of arms and desired traction intensity. The handles can be positioned within closer reach to accommodate users with shorter arms or those who desire greater traction. For users with longer arms or those who want less of a stretch, the handles can be reversed so that they are positioned a greater distance from the shoulders. Simply assemble the Roller Hinges to the side you prefer.

## How to Assemble

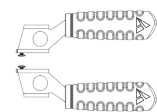
If your Traction Handles have already been pre-assembled to the Roller Hinges, see the Roller Hinge Assembly Step in your Assembly Instructions for how to attach them to your inversion table bed.

If your Traction Handles have not already been pre-assembled to the Roller Hinges, follow the instructions below for each:

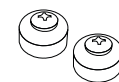
- **Figure 1.** Pull the rubber Roller Hinge Bolt Plug from the Roller Hinge Bolt.
- **Figure 2.** Place the bracket of the Traction Handle over the top of the Roller Hinge Bolt, making sure that the bolt fits inside the hole in the bracket. The Traction Handle should point away from the table bed.
- **Figure 3.** Place the Bolt Cap over the Roller Hinge Bolt. Insert the Roller Hinge Screw through the Bolt Cap and into the pre-drilled hole in the Roller Hinge Bolt. Tighten using the Screwdriver.
- **Figure 4.** Tighten the De-Rattler Screw. Only tighten the screw until the Traction Handle is reduced of excess movement. Part of the screw may still protrude from the Traction Handle.
- See reverse for use instructions.



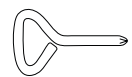
## Parts for Assembly



Traction Handles (2)  
TR1001



Bolt Caps (2)  
F51126



Screwdriver (1)  
F51130

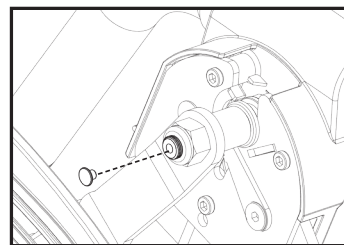


Figure 1

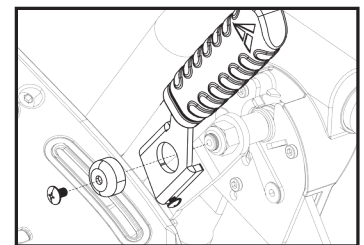


Figure 2

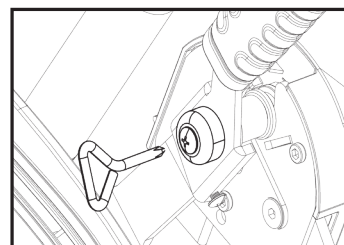


Figure 3

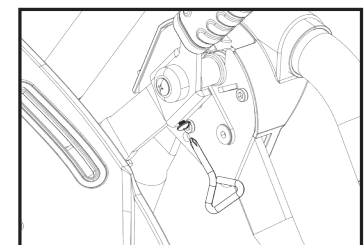


Figure 4

## How to Use

To effectively utilize the Traction Handles, you may need to adjust your normal User Settings for your Teeter inversion table.

### Attach the Angle Tether

Traction Handles are generally most effective while inverted to an angle between 30-45 degrees, allowing users to add gentle traction at lesser angles of inversion. Adjust and attach the Angle Tether to stop the table at your desired maximum angle (Figure 5).

### Adjust the Main Shaft Height Setting

First, try using the Traction Handles at your normal Main Shaft height setting. If you attempt to place your arms at your sides to push on the handles (as instructed below) and the inversion table returns too far upright, you may need to shorten your Main Shaft setting by one inch (see User Guide). Note that by doing so, the rate of rotation will be more responsive.

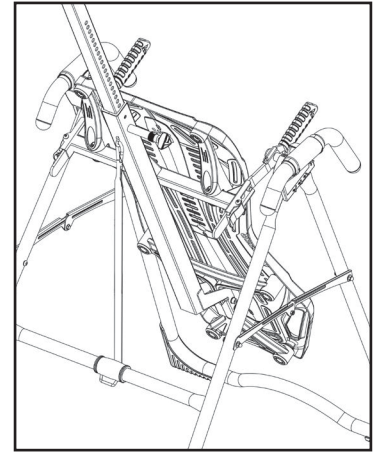


Figure 5

## ⚠ WARNING

Adjusting your inversion table to a shorter height setting will cause the rate of downward rotation to be MORE responsive. Attach the Angle Tether and use a spotter until you are confident you are able to return upright unassisted.

### Stretching with the Traction Handles

- Once you've inverted, slowly reach up toward the Traction Handles (moving your arms too quickly may cause the inversion table to suddenly rotate upright).
- Place the heels of your hands onto the Traction Handle grips. Your elbows should be slightly bent while the rest of your upper body is still resting comfortably on the bed.
- Gently push against the handles and slowly straighten your arms (Figure 6). Take a deep breath and exhale, attempting to relax the muscles in your lower back. Alternate pushing and relaxing your arms.
- If the stretch isn't enough, consider switching the Roller Hinges to the opposite sides so that the Traction Handle offset is in the UP position.



Figure 6

Push gently to stretch and elongate. Relax your arms to rest.

## ⚠ WARNING

**DO NOT** use aggressive force. Too much traction may cause overstretching that can stress your back muscles and may result in injury. Stop immediately if you feel any pain.

### Returning Upright

If you have adjusted the Main Shaft to a shorter setting, you may be unable to return upright by simply bringing your arms to your sides. **DO NOT** lift your head or try to sit up. Simply place your hands on the inversion table handles for support and bend your knees to shift your body weight to the foot side of the pivot point.

### ALTERNATE USES:

#### Release from Full Inversion

Traction Handles offer leverage for easy release from full inversion. To unlock your inversion table from the 90 degree position, slide your hands to the outward ends of the Traction Handles and press firmly. The table bed should pull away from the Crossbar and begin to rotate upward.

#### Oscillation

Oscillation, a technique of rhythmically rocking up and down to alternate decompression and encourage muscle relaxation, is easy to accomplish by alternately increasing and decreasing pressure on the Traction Handles. Oscillation is for advanced users who are already comfortable controlling the rotation of the inversion table. Simply set the Main Shaft to your ideal height setting, disconnect the Angle Tether, and push and release on the Traction Handles to create a rocking motion.