

# MyoTrak™ Cushion

## ⚠ WARNING

- DO NOT use product as a replacement for medical advice. Consult with your physician prior to use.
- DO NOT use on sensitive skin, when sores/skin lesions are present or on varicose veins, or if you have muscle, ligament, tendon or other soft tissue injuries.
- Prolonged use may cause muscle soreness; it is recommended to use in moderation.
- If using as an accessory to the Teeter Inversion Table:
  - DO NOT use until you have read and understand the User Guide that accompanies the inversion table and are already comfortable using the inversion table.
  - Use on the inversion table may affect the balance, causing the table to rotate faster. Set the angle tether and adjust your user settings per the Inversion Table User Guide.
  - Use a spotter for the first time until you are comfortable with controlling your rotation.

The MyoTrak Cushion is ergonomically designed to stretch the cervical spine for improved alignment and massage soft tissue along the upper back, shoulders and neck for enhanced circulation and muscle tension relief. Use it to:

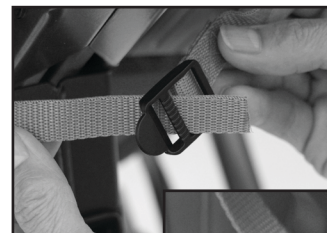
- Relax on the floor or any firm surface;
- Enhance your decompression on your Teeter Inversion Table.

## ATTACH TO INVERSION TABLE

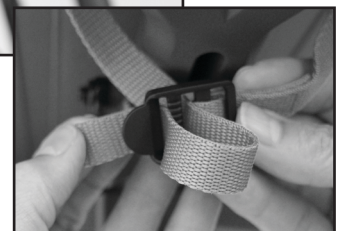
- Locate the desired tracks for the MyoTrak Cushion in the backrest of your inversion table.
- Place cushion on the backrest, then thread both ends of the nylon strap through the tracks (Figure 1).
- To tighten (Figure 2a & 2b):
  - Insert the end of the strap into the center opening of the buckle from the bottom.
  - Loop over the bar and insert the strap down through the opposite side opening.
  - Pull on the end of the strap until the cushion fits snugly on the backrest.
- To release, pull up on the tab on the buckle and loosen the strap.



**Figure 1**



**Figure 2a**



**Figure 2b**

## HOW TO USE

- Position the MyoTrak cushion (Figure 3 & 4):
  - To center the neck support area under your neck;
  - To align the pressure nodes along either side of your spine.

**NOTE:** You may need to reposition the cushion up or down to find the most comfortable position.

- If using on your inversion table:
  - Your balance settings may need to be adjusted with the added weight of the cushion on the bed surface. Use a spotter for the first time until you are comfortable with controlling your rotation.
  - Set your angle tether between 20-60 degrees. Relax with your arms over your head for the greatest effectiveness.

**NOTE:** You may experience some discomfort as you adjust to the sensation. If you feel pain, discontinue use.



Figure 3

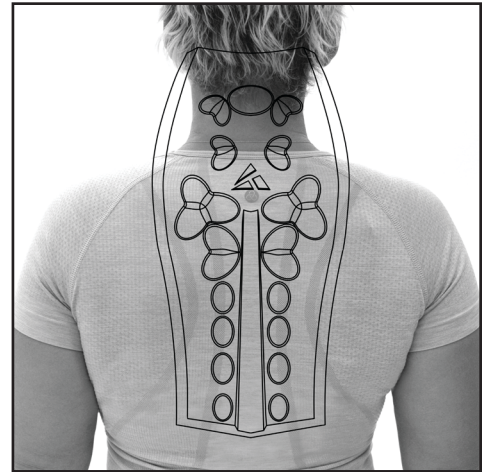
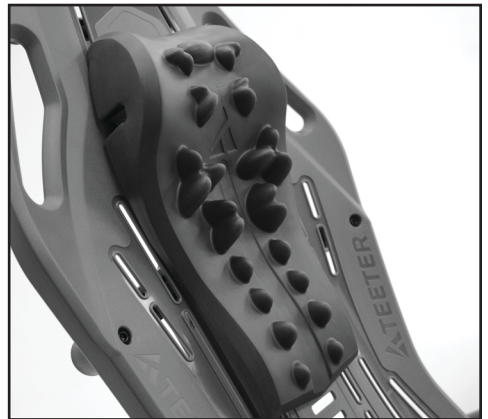


Figure 4

## CARE

- Spot clean using a soft, slightly damp sponge or cloth. Do not use abrasive cleaners.

**NOTE:** The MyoTrak Cushion is made from EVA. You may experience a slight odor when first unpackaged, however that will dissipate over time.



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