

Personalize pressure placement and intensity by positioning the adjustable Acupressure Nodes along your Teeter inversion table bed to target different areas of your back.

⚠ WARNING

- **DO NOT** use until you have read and understand the User Guide and materials that accompany your Teeter inversion table.
- **DO NOT** use unless you are already comfortable using the inversion table. The nodes are intended for experienced inversion users.
- **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.
- Position nodes only against muscles. **DO NOT** place nodes directly over bones.
- Prolonged use may cause muscle soreness. 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.

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 over the exposed threads on the front side of the bed. Twist the node clockwise to secure it in place (Figure 2).
- Tighten the node only enough to hold it securely in place. Do not overtighten.
- Repeat with additional nodes in different positions as desired.
- To reposition a node within a track, loosen the backing and slide the node along the slot.
- When removing nodes, reattach the backing to the node so the two pieces remain together. *The Teeter Storage Caddy and Node Holder offer convenient storage options.*



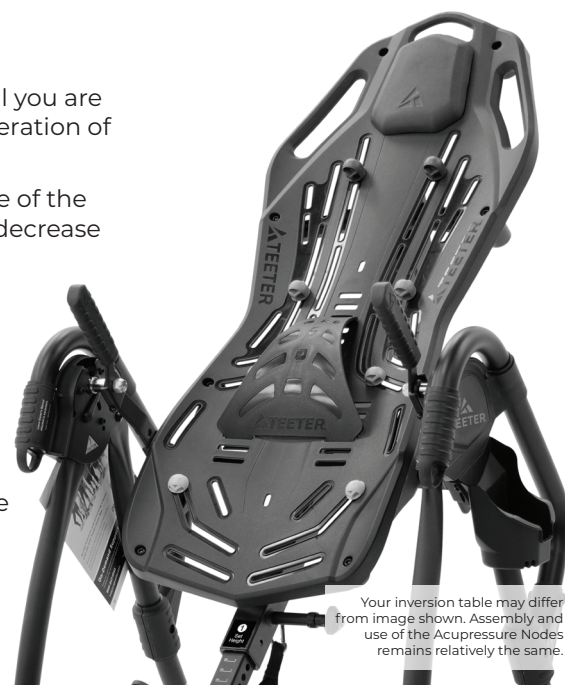
Figure 1



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 gradually work up to the larger sizes. Use of the nodes may cause temporary muscle soreness. If you feel any discomfort, decrease or discontinue use.
- Ideal node placement depends on where areas of muscle tension align with the slots in the table bed. Experiment with different node placements to find the configuration that feels best for your body.
- Node pressure will change as the table rotates. The nodes work best between intermediate to moderate inversion (20-45°). Nodes are less effective in full inversion as the body moves away from the table bed.
- While inverted, remain at a static incline to maintain a consistent pressure on the target area, or gently rock up and down for a massaging action.



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