

Important Instructions for the Proper Use of the “Lumbar Disc Decompression Exerciser”™



Step One:

- Hook the Lumbar Disc Decompression Exerciser™ dual pulley strap to a regular height door knob.
- Twist the rope loop once or twice around the door-knob for a more secure connection if possible.

Step Two:

- Lie on your back (head positioned toward the door) in front of the **securely closed and locked** door with the “Disc Exerciser” attached to it.

Step Three:

- Hook your feet into the two lower padded pulley rope handles and grasp the other two handles with your hands.

Step Four:

- Slowly extend and lower your arms, which will raise your pelvis up off the floor (see the picture above).
- When your arms are fully extended and lowered, your pelvis is fully raised off the floor. Hold this position for a slow five to ten second count and then allow your arms to rise-up and your pelvis to lower back down to the floor.
- Repeat this exercise in a slow, controlled rhythmic motion, in a pain-free range of motion, for at least ten repetitions per session. Perform at least one or two sessions per day until pain-free.

Important Note: Lay close to the door when first starting this low back exercise/stretch. This will allow you to only raise your pelvis a small amount begin with. As your symptoms improve, slowly move farther away from the door to raise your pelvis further up off the floor. This increases the flexion traction of the lower lumbar intervertebral discs and facet joints.