

Assembly & User Instructions



Better Back™ Neck Restore

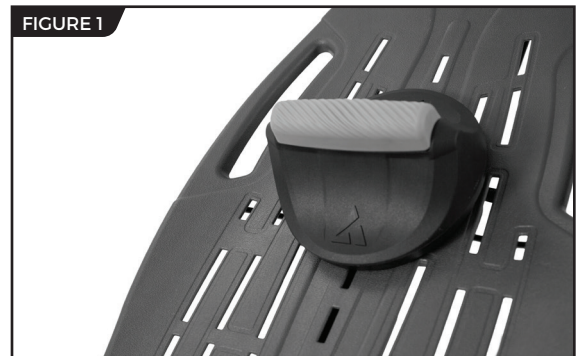
⚠ WARNING

- Read and understand all the instructions and medical contraindications before using the Neck Restore.
- **DO NOT** use the equipment without a licensed physician's approval or as a replacement for medical advice. Carefully review the following list of medical contraindications (this is not an exhaustive list, it is intended only for reference):
 - Cranial, facial, or spinal injury, disease or weakness
 - Brain stem or spinal tumor
 - Stroke / intracranial bleeding
 - Thrombosis / blood clots
 - Pregnancy
 - Heart or circulatory disorders
 - Carotid Stenosis
 - Inflammatory conditions
 - Bone weakness (osteoporosis)
 - Any other medical condition that may be made more severe by pressure on or the restriction of blood vessels in the suboccipital region
- **DO NOT** use with the Teeter Inversion Table until you have read and understand the Owner's Manual, viewed the Getting Started DVD that accompanies the inversion table, and are already comfortable using the Teeter inversion table. The Neck Restore is designed for use by advanced users only.
- Discontinue use if you experience pain or a worsening of symptoms.
- Prolonged use may cause muscle soreness; it is recommended to use the Neck Restore in moderation.

The Teeter Neck Restore provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles. With its rotating base, you can easily position and apply variable pressure to naturally and gently loosen tight, sore muscles in the neck. The Neck Restore can be used as a standalone self-massage tool or attached to any Teeter Inversion Table for use while inverting.

How to Assemble

- Place the Neck Restore on the inversion table at your desired height. Feed the Hook & Loop straps through the holes and secure on the other side of the table bed (Figure 1).
- Properly mount the table and secure the Ankle Lock System (see Owner's Manual for details). Gently lower your neck onto the Neck Restore to check its placement.
- The rubber insert should sit comfortably at the base of your head. You may need to modify the placement to ensure the Neck Restore aligns with your neck in the most comfortable position. (Figure 2).



How to Use

- The Neck Restore may be used while lying down on a flat surface or while attached to your Teeter Inversion Table.
- Use of the Neck Restore may impact the rotation of the table. 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.
- The Neck Restore works between intermediate to moderate inversion. Full inversion (90°) moves the body away from the device.
- With its rotating axel, you have the option to move your head and rotate the Neck Restore to adjust positioning or to apply variable pressure to help target trouble areas (Figure 2).
- Begin with short 1-2 minute sessions and increase only as you feel comfortable. Discontinue use if you feel any discomfort, dizziness, or numbness.
- **TIP:** Detach the rubber insert from the mount (Figure 3) and place in the freezer for 15-20 minutes. Attach back onto the mount to deliver a therapeutic cooling sensation.
- **TO CLEAN:** Remove the rubber insert from the mount. Clean with warm water and gentle soap. Allow the insert to air-dry before re-attaching to the mount.



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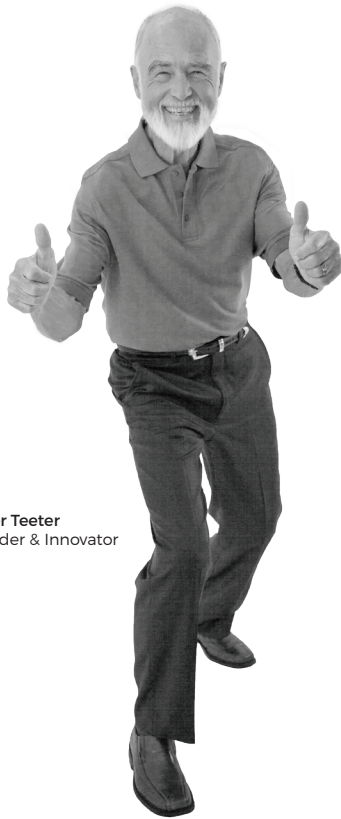
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Roger Teeter
Founder & Innovator



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

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