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Inversion Relieves Compression, Helps Runners Fend Off Back Pain

Puyallup, WA – August 17, 2001 – Nearly every runner experiences sore muscles and joints at one time or another. Although great for overall health, the impact of most physical activities often facilitates the compressive effect that gravity has on the spine and organs. Weight-bearing joints (ankles, knees, hips and all joints of the spine) take a beating from countless hours of running and exercising. **The constant pull of gravity coupled with compression eventually takes a toll on the runner's health.**

Inversion helps to mitigate the negative effects of compression, reducing the chance of injury and decreasing recovery time after an injury. **Inverting is a proactive approach to maintaining healthy joints and flexible muscles** and can actually help to prevent compression fatigue. Whether you experience back pain or sore muscles, inversion can help provide relief. The rejuvenating effects of inversion allow the entire body to experience health benefits even beyond the relief of back pain.

- **Decompresses The Spine And Weight-Bearing Joints** - The spine endures most of the abuse from the compressive effects of running. Inversion elongates the spine by increasing the space between vertebrae while helping to re-hydrate discs. This helps to relieve the pressure on nerve roots and the surrounding tissue. Less pressure means less pain.
- **Prevents Muscle Spasms and Pain** - Stress, tension and workouts cause muscles to accumulate large amounts of lactic acid, carbon dioxide and debris from damaged cells which can cause pain and muscle spasms. Inversion uses gravity to help the lymphatic system remove these wastes so that fresh oxygen can be introduced to help reduce muscle stiffness and pain.

More

- **Strengthens Ligaments** – Ligaments are flexible, but not very elastic and can tear when stretched too much. The gentle reverse loading and movement that occurs while inverted strengthens ligaments and connective tissue to help protect the runner from serious injury.
- **Stimulates Circulation** - Inverting, with the help of gravity, gives the heart a break by helping it move blood from the legs and feet. It also aids in delivering oxygen and nutrient-rich blood to the brain, helping to increase mental speed and accuracy.

Just a few minutes of inversion each day is a natural and painless way to help counteract compression fatigue, or the toll that gravity has on our body. Runners will experience numerous benefits when they turn their workout upside down!

For more information on inversion, to set up interviews or demonstrations, please **Kim Grotzke** at (800) 847-0143 or email kimgr@teeterhangups.com.

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