

Avoid Back Surgery

Recently Published Study Shows Relief for Sciatic Pain Sufferers

Research shows evidence that the regular use of a Teeter Hang Ups® inversion table may significantly reduce the need for sciatic back surgery.

What is Sciatica?

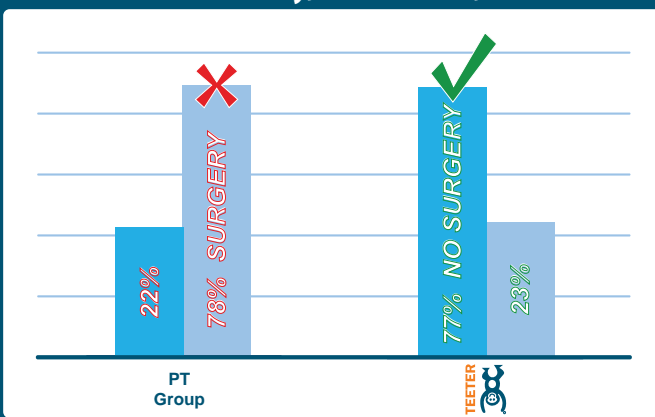
Sciatica occurs when there is pressure on the sciatic nerve in the lower back, a symptom of a medical problem stemming from damaged discs, stenosis, fractures, muscular issues or the like. Pain, numbness or weakness will most often occur on one side of the body and may be felt in parts of the leg or hip, back of the calf or sole of the foot.

Sciatica Study Results

The study focused on patients who were told they needed surgery to relieve their sciatic back pain caused by a herniated disc. Researchers determined that inversion therapy is an effective conservative treatment for sciatica patients needing help avoiding surgery.

- » Patients were divided into two groups: One group regularly practiced inversion therapy with a Teeter Inversion Table along with regular physiotherapy, while the other practiced physiotherapy alone.
- » The results of the study are very encouraging for sciatica patients, suggesting **patients who invert with a Teeter are 70.5% less likely to require surgery.**

Inversion Reduces Back Surgery Newcastle University, Mendelow, et al.



Published in *Disability and Rehabilitation*. 2012, 1-8.

Inversion therapy in patients with pure single level discogenic disease: a pilot randomized trial. Regional Neurosciences Centre, Newcastle General Hospital

What This Means for Sciatic Back Pain Sufferers

This study confirms that inversion therapy is an effective conservative treatment option for patients hoping to avoid surgery and suggests a dramatic health care cost savings.

Professor David Mendelow, head of Neuroscience at Newcastle University in England, told the London Telegraph that he estimates inversion therapy could save £80 million a year (about \$160 million) in unnecessary surgeries.

For a copy of the statement released by Newcastle University, contact your Teeter Account Manager at 800.847.0143.