



**FDA**  
**REGISTERED**



The  
**vacuPractor**  
Lower Back Fix



# Instruction Manual

Congratulations on your purchase of the VacuPractor™ for in home use only. We at VacuPractor hope our revolutionary product will dramatically improve your quality of life. The VacuPractor is very simple and safe to use as long as it is used in accordance with the following instructions.

**Please read and understand all instructions before using the VacuPractor. Improper use may reduce effectiveness.**

## ***First***

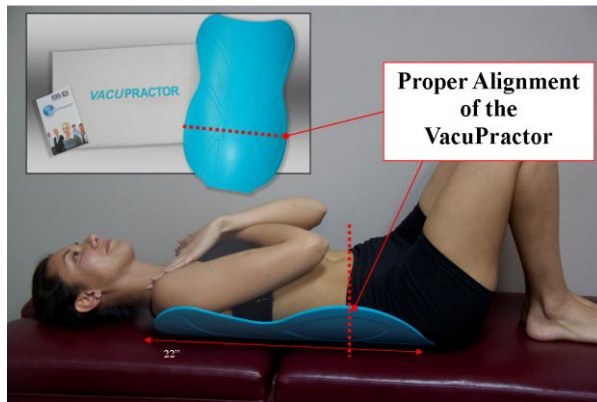
Always clean the VacuPractor with mild detergent and a nonabrasive cloth before use. Never use your VacuPractor if back pain is severe. If you are being treated for back pain or if use of the VacuPractor increases your pain, we ask that you consult your physician. And, because each pregnancy is unique, we ask that pregnant women consult their physician prior to using.

## ***Figure 1***

Place the VacuPractor on a firm surface such as a carpeted floor with the printed side down. Moisten the surface of the VacuPractor with a damp cloth or spray bottle. It is important that the entire surface of the VacuPractor be moist.

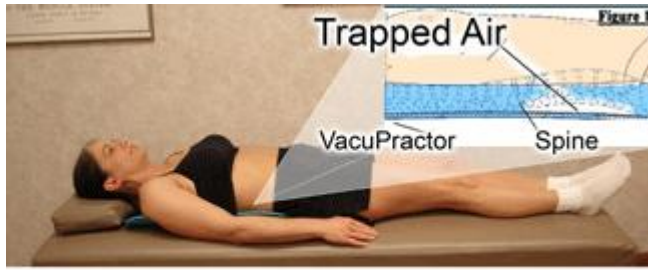
The VacuPractor must be properly aligned and be in contact with bare skin in order to develop the necessary vacuum to provide proper stretching.

**TOP**



## ***Figure 2***

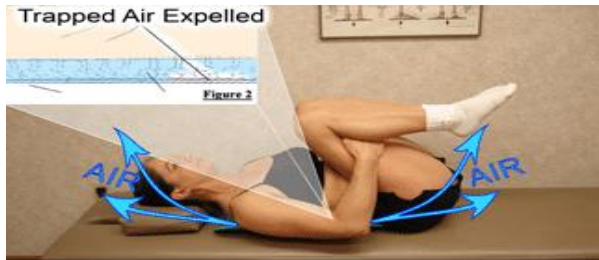
Lie down on the VacuPractor with the top end positioned toward your shoulders. The bottom should extend past the base of your spine. Properly align the VacuPractor with the widest part positioned with the narrowest part of your back, approximately where vertebrae L4 and L5 are located. Relax for 30 Seconds.



## Air Pocket Sealed

**Figure 3**

Raise your legs one time, bending at the knee, until the small of your back is in contact with the VacuPractor. Hold for 15 seconds.



## Trapped Air Expelled

**Figure 4**

Relax and slowly lower your feet flat to the floor, positioned close to your body. You should feel the suction. If you do not feel the suction or if you lose the suction, slowly lift your knees to your chest again.



## Vacuum Pulls Spine Flat

**Figure 5 (Advanced)**

After you have mastered holding the vacuum suction for more than 10 minutes, try the advanced move. Once the vacuum is established, slowly straighten your legs, sliding your feet along the floor away from you until you feel an increased stretching sensation along your lower back. The amount of stretch you experience can be changed by raising or lowering your knees while keeping your feet on the floor.



## Pain Relieved

It is important to relax your back while stretching. Remain on the VacuPractor between 5 and 15 minutes. To release the vacuum on your back, raise your knees and gently roll off the VacuPractor.

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***Disclaimer:***

This information and any printed, audio, or video materials download or received from VacuPractor is not intended to replace the attention or advice of a physician or other health care professional.

Anyone who wishes to embark on a dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a qualified health care professional.

The VacuPractor is for in **Home Use Only**. For a professional license of the VacuPractor, please contact Customer Service or use the Medical Professional log in page on [www.VacuPractor.com](http://www.VacuPractor.com).

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Provider Number 451791-11

VacuPractor is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

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**Made In the USA**