



# VacuPractor Technique for Low Back Pain Relief

## Protocol for Using the VacuPractor

### General Information

Lower back pain is a common condition that affects 84 percent of adults at some point in their lives<sup>(1)</sup>. For some, this condition can resolve on its own. For others, it can become chronic and require intervention. Lower back pain is usually secondary to muscle or disc injury, ligament strain, emotional stress, and degenerative changes in the spine. Lower back pain also may result from deconditioned lower back muscles and weak core stabilizers. In some cases, the cause of chronic lower back pain may be unknown. For most sufferers, exercise therapy and decompression have been shown to be beneficial in relieving lower back pain.

### Symptoms

People affected with lower back pain describe and experience various symptoms. Some report a dull, achy sensation while others may feel a more sharp pain in the lower region of the back. This pain may be exacerbated by movement or body position. Lower back pain often prevents an affected individual from engaging in a full range of activities and has a negative effect on the individual's quality of life.

### Diagnosis

Diagnosing lower back pain requires an examination of the presence of typical symptoms as described above, along with a focused exam by a healthcare professional. The use of X-ray, MRI, or other electrodiagnostic studies may be appropriate for further evaluation.

### Management

Management of acute lower back pain typically includes non-steroidal anti-inflammatory drugs such as Ibuprofen, therapy modalities (i.e., heat, cold, electrical stimulation), and a specific rehabilitation program. The mainstay of treatment for a majority of lower back pain cases is an exercise therapy-based rehabilitation program or a passive decompression approach, such as that offered by the VacuPractor. Other possible treatments include acupuncture, massage, manual therapy such as chiropractic therapy, and supportive back braces. Some patients who do not respond to conservative treatment may be candidates for a steroid injection (i.e., epidural) or may require surgical evaluation.

### The VacuPractor Solution

Exercise therapy has been shown to be effective in reducing pain and improving overall function in adults with low back pain<sup>(2)</sup>. People with low back pain should engage in a program of regular specific exercises and stretching, focused on lumbar stabilization and core strengthening. Rehabilitation for low back pain, emphasizing core strength, low back support, and posture correction results in the alleviation of pain and disability<sup>(3)</sup>. The VacuPractor Solution provides pain relief and corrects the cause of lower back pain without

incorporating a core strengthening and stability management approach for the treatment of low back pain.

References:

1. Deyo RA; Tsui-Wu YJ. Descriptive epidemiology of low-back pain and its related medical care in the United States. Spine 1987 Apr;12 (3): 264-8.
2. Hayden JA; van Tulder MW; Malmivaara AV; Koes BW. Meta-analysis: exercise therapy for nonspecific low back pain. Ann Intern Med 2005 May 3;142 (9):765-75.
3. Banwell, B, Hoehing, P. Physical Interventions, Exercise, and Rehabilitation. In: Soft Tissue Rheumatic Pain: Recognition, Management, Prevention, 3rd ed, Sheon, RP, Moskowitz, RW, Goldberg, VM (Eds), Williams & Wilkins, Baltimore 1996.

***Patient Precautions:***

- \* **If you are being treated for back pain, we ask that you consult your physician before use.**
- \* Never use your VacuPractor if back pain is severe.
- \* If use of the VacuPractor increases the pain, DISCONTINUE USE IMMEDIATELY and contact your physician.
- \* Because each pregnancy is unique we ask that pregnant women consult their physician before use.

***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).

## Standard Protocol for Use

### Preparation

Place the VacuPractor on a firm surface such as a carpeted floor with the printed side down. Moisten the surface of the VacuPractor with water using a damp cloth or spray bottle. It is important that the entire surface of the VacuPractor be moist, as this is necessary to achieve the desired vacuum affect. Warming the VacuPractor before use also increases comfort and can be accomplished by using a hair dryer, warm water from the shower, or a heating pad.

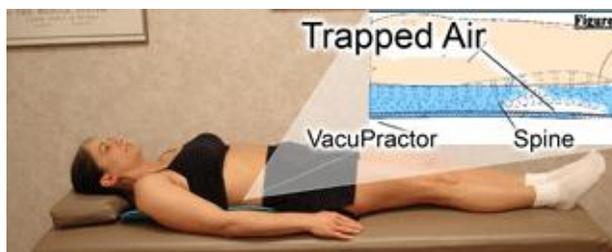
### Step 1

Place the VacuPractor on a firm surface such as a carpeted floor with the printed side down. Remove shirt or blouse as the VacuPractor requires direct contact with bare skin in order to establish the necessary vacuum effect. Lie back on the VacuPractor with the top winged section near the shoulders and the bottom flat edge near the hips (see instructions and image below). Bend the knees so they are pointed toward the ceiling and place feet flat on floor. Relax in this bent knee position for at least 30 seconds.



### Step 2

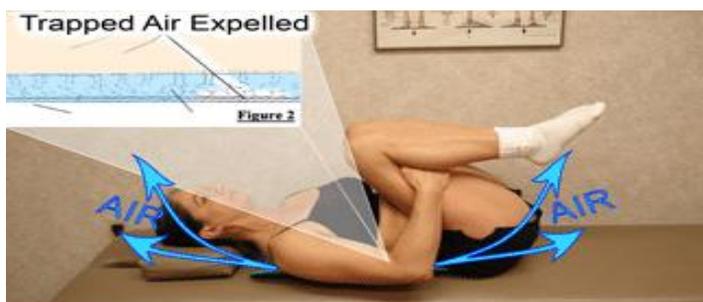
Slowly straighten your legs and lie flat on the VacuPractor with the top end positioned toward your shoulders. The bottom should extend past the base of your spine. Properly align the VacuPractor with the widest part positioned with the narrowest part of your back, approximately where vertebrae L4 and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



**Air Pocket Sealed**

### **Step 3**

Slowly raise legs toward chest, bending at the knee, until you feel the small of your back gently pressing against the VacuPractor. Use your hands to hold the back of your legs in toward the chest, with knees bent, for 15 seconds. This action expels the trapped air behind the lower back and initiates the vacuum pressure.



**Trapped Air Expelled**

### **Step 4**

Keeping your knees bent, slowly lower your feet to a flat position on the floor and close to your body (see image below). You should feel the suction in the lower back region gently pulling the curvature of the spine toward the floor. If you do not feel the suction or if you lose the suction while lowering your feet to the floor, then repeat Step 3 to restore the suction. Relax in this bent knee position for five to fifteen minutes (or as long as desired). You should feel some immediate relief as the vacuum pressure works to alleviate pressure on the lower spine. If you do not feel the suction or if you lose the suction, repeat Step 3.



**Vacuum Pulls Spine Flat**

### **Step 5 (Advanced)**

After you have mastered holding the vacuum suction in Step 4 for more than 10 minutes, try the advanced move. After holding the position in Step 4 for a few minutes, slowly straighten the legs by sliding your feet along the floor away from you. As the legs straighten, you should feel an increased stretching sensation in the lower back. The amount of stretch you experience can be changed by raising or lowering your knees while keeping the back of your heels on the floor. It is important to relax your back while stretching. Remain on the VacuPractor five to fifteen minutes (or as long as desired).



## Pain Relieved

### **Dismounting**

To release the vacuum seal, raise your knees slightly, turn to your side, and slowly roll off the VacuPractor.

### **The “Pump Action” Protocol for Use**

Some users find that a successive repetition of the tuck and feet flat positions in steps 3 and 4 of the standard protocol creates a type of “pump action” that is more effective in relieving pressure on the lower spinal disc. Applying this variation, the user will repeat step 3 (tuck 15 seconds) and step 4 (feet flat for 45 seconds) a total of 15 times in 15 minutes. The complete procedure is as follows:

1. Lie back on the VacuPractor with your knees bent and feet flat on the floor for 30 seconds. Now slowly raise your knees to your chest and hold in this tuck position for 15 seconds. You should feel a suction effect.
2. Slowly straighten your legs and lie flat on the VacuPractor.
3. Slowly raise your legs toward your chest, bending at the knees, until you feel the small of your back gently pressing against the VacuPractor. Use both hands to hold the back of the legs in toward the chest, with knees bent, for 15 seconds.
4. Keeping your knees bent, slowly lower your feet to a flat position on the floor and close to your body
5. Repeat steps three and four 15 times in 15 minutes.