



VacuPractor®

Lumbar decompression for lower back pain



Benefits

- Relieves pain quickly, in as little as 5-10 minutes
- Uses suction to gently pull (rather than push) the spine into neutral position
- Safe and easy to use at home or office

Features

- Lightweight (1.6 lbs)
- Portable
- Durable (Lifetime Warranty)
- Non-motorized
- Made in USA
- FDA Registered



VacuPractor® Lumbar Decompression Treatment Guidelines

Disorder	Goal	Protocol	Time	Frequency
Herniated Disc Syndrome	- Reduce nerve compression - Relieve pain	Standard	5-15 minutes	1-2 times daily
Degenerative Disc Disease	- Stimulate Nutrition - Improve spinal function - Reduce nerve compression	Pump	15 minutes	1-2 times daily
Degenerative Joint Disease	- Stimulate Nutrition - Improve spinal function - Reduce nerve compression	Pump	15 minutes	1-2 times daily
Joint Fixation, Facet Impingement	- Unlock facet joint - Increase range of motion - Relieve pain	Standard	5-15 minutes	1-2 times daily
Poor Posture	- Posture Correction - Increase range of motion - Relieve pain	Standard	5-15 minutes	1-2 times daily
Soft Tissue Stiffness	- Increase range of motion - Relieve pain	Standard	5-15 minutes	1-2 times daily

- Gradually work up to recommended treatment times.
- Initial treatment times of three to five minutes may be required for acute and irritated conditions.
- Additional extension can be achieved by straightening legs without breaking suction (advanced move).
- VacuPractor also can be used as a solid base or platform while performing traditional lower back strength exercises.

NOTE: Above guidelines are intended as a useful tool for clinicians and not as a substitute for any recommendation or advice offered by a healthcare professional. All protocols should be performed within an individual patient's tolerance.

Contact: Paul Hagen
Phone: (425) 577-2713
Email: Paul.Hagen@vacupractor.com
Web Site: www.vacupractor.com

