

# Back therapy Inversion TableBack swing



**Back Exercise & Pain Relief**

**Pro Star Inversion Table**

Direct sales to Public  
SA IMPORTER

**Pro Star 9005 Back Inversion Table**

With durable backing for comfort and cleaning. Fold away for easy storage, quick release pole, so no need for bending down to release feet after inverting

If back pain is negatively effecting your quality of life, its safe to say that purchasing the Pro Star Inversion Table will be The Smartest Health Care Choice.

**CALL: 021 556 2413** Nationwide Deliveries

16 Donnington Road, Killarney Gardens, Cape Town 7441

Location **Gauteng, Pretoria**  
<https://www.freedasz.co.za/x-171287-z>



Back therapy Inversion Table/Back swing

Direct sales to public

SA Importer











021556 2413

Order your Inversion Therapy table today and get relief from back pain

Inversion therapy is used to ease back pain caused by degenerative or herniated discs, spinal stenosis or other spinal conditions. These conditions cause gravitational pressure to be placed on the nerve roots, resulting in shooting pains in the back, , legs and feet. During inversion therapy, you turn your body upside down to increase the space and reduce pressure between the vertebrae and nerve roots. Studies found that it can ease back pain in the short term, especially when used with new back injuries. With an inversion table, you can place your body upside down at a gentle angle and work up to a more dramatic position.

Stretching the spine also helps relax the muscles in the neck and shoulders. People who work in the office can benefit greatly from inversion since they're hunched behind a computer all day long.

Nationwide

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