Inversion therapy Back swing tables Experience the benefits



Location

https://www.freeadsz.co.za/x-56715-z

Inversion therapy /Back swing tables Experience the benefits

Buy direct from SA Importer

0215562413

No middle man mark ups

An Inversion Table is an adjustable platform which allows positioning in an upright or inverted position in order to allow the effects of gravity to meet the apeutic requirements. Inversion therapy involves hanging upside down to apply gentle traction to the spine. Not only can Inversion Therapy help to treat back pain but it can be used to reverse the negative effects of ageing on the spine

SOME BENEFITS OF INVERSION

Reduce back pain

Provide care and feeding for discs

Reduce pain in overworked muscles

Strengthen ligaments and joints

Relieve stress

Stimulate circulation

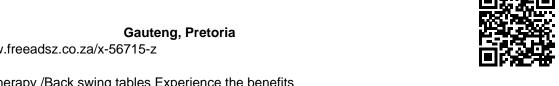
Improve posture and alignment

Stimulate circulation and lymphatic flow

Enhance mental function and senses

Inversion therapy lifts depression

Nationwide



















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