

Contraindications

Inversion therapy can provide innumerable benefits to your health. Inversion can relieve back pain, decompress the spine, stretch muscles and ligaments, relieve stress, improve circulation and help maintain overall good health.

However, inversion is not for everyone. If you have any of the following health conditions, please do not invert without your licensed physician's approval (this is not an exhaustive list - it is intended only for your reference.)

Anti-Coagulants (Use of): Blood-thinning drugs or aspirin to reduce clotting of the arteries and blood vessels. The use of anti-coagulants signals people at risk for circulatory problems. Advise speaking with a physician before inverting.

Bone weakness, recent fractures, skeletal implants: Having a person's weight pulling down when inverted may exacerbate these conditions. Osteoporosis is a calcium deficiency disease in which the bones become porous, brittle, and very weak. Advise speaking with a physician before inverting.

Conjunctivitis - (Pink eye): An inflammation of the transparent membrane that covers the front surface of the eyeball and the inner surface of the eyelids caused by bacterial or viral infection. Advise speaking with a physician before inverting.

Glaucoma: A condition of elevated pressure within the eye because of an obstruction of the outflow of the clear, watery fluid circulating in the chambers of the eye. The resulting pressure (which is imperceptible without an eye exam) kills cells in the optic nerve, which can lead to a gradual loss of vision. Anyone with an eye condition should speak with a physician before inverting.

Heart / circulatory disorders: Any condition involving the circulatory system. Speak with a physician before inverting.

Hiatal hernia, ventral hernia: A hiatal hernia occurs when intra-abdominal pressure increases cause a portion of the stomach to move into the chest cavity through a weakness in the diaphragm. A ventral hernia develops at the site of previous surgery, usually along vertical incisions. It may also result from weakness in the abdominal wall. Advise speaking with a physician before inverting.

High blood pressure, hypertension: A common disorder in which the heart is pumping blood through the circulatory system with a force greater than that required for normal blood flow. An elevated blood pressure which exceeds 140/90. It is true that certain people should not invert if they have uncontrolled high blood pressure. However, inversion can cause a state of relaxation that results in a drop in heart rate and BP (sometimes even lower than at a resting state). Some doctors have used inversion as a treatment for high BP. Advise speaking with a physician before inverting.

Middle ear infection: The middle ear helps equalize air pressure in the ear. A person may feel discomfort or disorientation during inversion. Advise speaking with a physician before inverting.

Obesity (extreme): In some people obesity can be associated with the undetected onset of many of the circulatory and eye problems mentioned above. The weight capacity of each of the inversion products should not be exceeded.

Pregnancy: Pregnant women should exercise caution when inverting. Advisable to talk with physician first.

Retinal detachment: A separation of the retina, the thin, delicate membrane covering the rear portion of the eye, from the optic nerve. Usually results from a hole in the retina that allows the vitreous humor fluid to leak. Treatment is almost always surgical. A retinal hemorrhage, in most cases, can heal by itself. Anyone with an eye condition should speak with a physician before inverting.

Spinal injury: Any severe spinal cord trauma requires a person to consult their physician before inverting.

Stroke: Occurs when a blood vessel in the neck or brain becomes blocked or when a vessel in the brain bursts open. Symptoms include paralysis, difficulty speaking, memory loss, and impaired thought processes.

Transient ischemic attack: Often called a "ministroke," a TIA occurs when the blood supply is temporarily interrupted to a part of the brain due to a blockage. Often precedes the onset of a full stroke, and requires immediate action.