

Testimonials about Inversion

The beauty of inversion is that it can be done by anyone, at any age, at any fitness level. Here is a small sampling out of the *hundreds* of testimonials we've received about Teeter Hang Ups® products.

When you get older, people tell you to take it easy, but the opposite is true. You've gotta be active! The #1 thing for older people is to stretch, stretch, stretch.

The [Teeter Hang Ups Inversion Table] has been a blessing to me. I'm afraid I'm preaching the gospel of inversion all the time for anyone who's got back problems or even health problems.

Note of interest: *In his 50's, Bert suffered from four ruptured discs in his back. He credits inversion for his flexibility and strength (he's performed 40 inverted sit-ups every day for the last 30 years). Bert began running hurdles competitively at the age of 69.*

Bert Morrow, Age 92 *world record hurdler, motivational speaker*

I am a 6 ft, 220 lbs, 54-year-old African American male who has been very athletic since childhood. I played soccer and tennis in high school, and I lifted weights, ran long distances and played tennis most of my adult life, up to my mid thirties. Then, I was beset with serious back problems. I was in unbearable pain and missed countless days from my job. I went to chiropractors, sports medicine and the best orthopedic doctors in Philadelphia. The final recommendation... was that I should have my damaged discs fused or I might end up in a wheel chair. Having heard so many horror stories about this operation, I decided to decline the operation and take my chances. I stopped running, stopped playing tennis and lifted weights only at very infrequent intervals. The quality of my life was greatly compromised and I was severely depressed. I lived in constant fear that I would "move the wrong way" and exacerbate my back problem.

Then I discovered Teeter Hang Ups on the Internet. I now fully invert two-three times per day, 3-5 minutes per session. During the second day/second session of usage, I could actually feel my lower back decompressing. For the past year, I have experienced no back pain at all. After ten years of watching my tennis racket, roller blades, running shoes and bicycle collect dust, I am now fully reengaged in all of these activities. I sleep 200% better and my blood pressure has gone from an average of 125/87 to 110/75 consistently. I no longer suffer from any kind of edema and I look 15 years younger and at least an inch taller. Using the Teeter Hang Ups [Inversion Table] has changed my life for the better. I am guilty of understatement here because this machine has literally given me a lease on life which I thought was unattainable. I owe my recovery, strength and state of well being to Teeter Hang Ups F5000 Inversion Table. Thank You!

E. Waugh, Philadelphia, PA

There's no question that the position of one's lower back, while training/racing on a road bike, is not exactly optimal. My inversion table helps me to relieve and reverse the strain that is put on my back from hours in the saddle.

Scott Moninger, HealthNet/Maxxis Pro cycling team

I have been "pain free" since the F5000 arrived...my wife says I'm easier to get along with and I have noticed a more laid back and "stress less" daily routine. I've even resumed work outs at the gym 3 days a week...something I'd given up in the face of the back pain...

R. Foster, Elgin, SC

My wife and I first saw your product...when I was two years into an ongoing string of lower-back problems. When my back would go out, I couldn't walk, sit, lay down without pain and severe muscle spasms. For weeks at a time I couldn't do the simplest task like put my socks on or tie my own shoes. I certainly couldn't play my favorite sports - golf and ice hockey!!

The table arrived and I started using it every morning. It felt fantastic from the first time I used it! I have been using the table now for approximately 5 years and have never felt better. I have not seen a doctor for back problems and best of all - I am regularly playing golf and ice hockey again!!! I am more flexible now than when I was in my 20's - honest! These days, I am inverting completely and look forward every day to climbing on the table and relaxing...

Dean, Dallas, TX



Super Senior Bert Morrow



Dale Worthington

I love to ride and show horses, and one of the things I need to do is stay in good shape. I need to maintain my flexibility and my strength, and that's probably the primary reason that I decided to purchase the inversion table. It enables me to maintain flexibility in my lower back and my hips. It helps me to do the things I want to do and keep doing them. I like the inversion table because I can use it whenever it's convenient, it doesn't take up much space and it's really easy to get into and get out of... it's a machine that I trust. It's very, very well made - I love it!

Dale Worthington, Age 62 *horse breaker, breeder and trainer*

Just to let you know that I am a proud owner of the Inversion Table since August 1998. I must say it is a great machine, very professionally built. I truly believe that it has helped me with not only stretching my spine but also helps me maintain its alignment. I make the time to use it on a regular basis, in my busy work schedule even if it is only for a few minutes. I feel especially great after the inversion when the blood circulates much more easily throughout the body, including the head. My wife has also learned to appreciate this machine. It also makes a great conversation piece when our friends and neighbors see it. Congratulations!

Tony, Ottawa, Ont.

I was a bit skeptical about inversion therapy. But after extensive research on the internet and a "100% satisfaction guaranty" by the dealer, I figured I would give it a try. I have lived with chronic back pain for years. After my first session on the Teeter Hang Ups F5000, I realize I have forgotten how good I could feel. I have become a believer in the benefits of inversion therapy. Am I just imagining such drastic benefits from just one session? I really don't care! Most of my pain is gone! I'm KEEPING THE TABLE! I am also helping to "spread the word" by telling all my friends of the benefits of inversion therapy.

J. Randall, Nashville, TN

I would like to thank you for...providing such an excellent product. I found myself overwhelmingly joyed with both the quality and ease of use. My first exercise surprise was to feel my back relax and literally hear the decompression of my spine. Born in August of '51, I'm still in pretty good shape and my personal opinion is the table is wonderful for all at any age.

J. Plauche, Dallas, TX

My Inversion Table has been my "Life Saver" -- what a fabulous product! I truly cannot say enough about it. I tell all my friends and co-workers that using Inversion Table daily is why I am still able to work. I am a 43 year old nurse, and two years ago I herniated a disc and had 2 bulging discs. I bought my Inversion Table after that injury and I have to say that it has been "THE BEST" [dollars] that I have ever spent. I just wanted to say Thank You, Thank You, Thank you...I have been working full time again and have not had any sick time related to back injuries which I know is due to Inverting every day. A Loyal Canadian fan forever !!!!

J. Antuma, Wallaceburg, Ontario

I purchased my inversion table about two months ago. I have been suffering with back pain for about 30 years. It took me about 2 weeks to get used to inversion. I noticed after about a month not only a far greater range of motion but also a loosening of my back which had become very rigid. I wish I got this years ago, it might have saved me from a lot of pain. I did some research and I could have a less expensive Table. I am really glad I did not. The quality and the design make the table a real value. When I am hanging upside down I know I am safe. One final thought, I was also impressed with the intelligence behind this product. It is really well thought out. All the instructions have very good reasons behind them. I think this your experience and dedication that comes out. Thank you for a wonderful product.

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K. Casey, New York

When I compared the three tables, there was absolutely no doubt in my mind as to which I was going to buy; the Hang Ups. The other brands were not only of lesser quality, but at 6'1" and 210 pounds, I did not feel comfortable with their durability or sturdiness. The Teeter Hang Ups is a very solid and well-constructed piece of equipment that is easy to use. It also withstands the abuse my 25-year-old athletic son gives it when doing exercises.

C. Peterson, Ashburn, VA