



Fig. 7-14 The Gravity Guiding System

- The gravity boots are fitted to the patient's ankles and strapped on.
- Patient is assisted or climbs into an inverted position, clipping the boots onto the hanging rod.
- Patient then hangs suspended for a period ranging from 2 minutes to 30 minutes. (From Martin RM. *The Gravity Guiding System: Turning the Aging Process Upside Down*. Pasadena, Calif: Gravity Guidance, Inc; 1975.)

Fig. 7-13 The Gravity Lumbar Traction Frame.

- Patient ready to receive traction in a near-upright position.
- Patient is harnessed into the frame, with the harness connected to the upper body.
- The frame is gradually positioned upright to increase the pull of gravity on the low back. (Courtesy Sammons Preston, Bolingbrook, Ill.)