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Dear Paul,

It is now ten months since I bought a Mastercare inversion table for use in my practice and I promised to let you know how I was getting on with it.

The table is well made, easy to assemble and easy to use. Of course it is not suitable for everybody but I have now used it for quite a few of my patients as an addition to osteopathic treatment. It is particularly useful for people with persistent low back pain many of whom find it not only beneficial in reducing their symptoms, but also very relaxing.

A curious effect that I have noticed is that after 15 minutes at 15 degrees of inversion many patients actually look taller! Of course, they are not but the inversion process reverses the effects of gravity and enables them to stand straighter.

Apart from its use in treatment, the inversion table should also be recommended as a piece of gym equipment to reduce the harmful effects of weight training on the spine

Yours Sincerely,

