

## WHAT TO EXPECT

The gentle motion of Back2Life is intended to relieve your back pain in a safe, easy, and gradual manner. Though you may feel some relief right away, it will more likely take a few weeks before you really start to notice results. It is also normal to feel a little discomfort or soreness after your first few sessions with the machine, since its passive motion stimulates muscles, nerves, and vertebrae you don't always use. Stick with the program: the soreness subsides, and you will soon come to feel the back pain relief thousands of other Back2Life owners have experienced. *It really works!*

## WHAT WILL I FEEL?

While using the machine, you will feel **Back2Life's Continuous Passive Motion** sway the back muscles back-and-forth in a circular pattern. This movement opens spaces in between the vertebrae, relieving nerve impingement, restoring muscle flexibility, and decreasing overall tension in the lower back region. It also helps to reposition the spinal column to its proper anatomical alignment, which makes it easier for the muscles in the back to relax, as they are not compensating for poor support.

All **Back2Life** sessions provide the same degree of intensity, but as the tightness in the back gradually decreases, the effects of **Continuous Passive Motion** will become more noticeable. It may take some time for your back to fully relax during sessions, but it will become easier over time.

It should be noted that it is perfectly normal to feel mild soreness—similar to the soreness experienced after working out in the gym—in your back muscles after your first couple of Back2Life sessions. Back2Life stimulates muscles that may have been inactive for a prolonged period of time, and incidents of soreness should disappear once your muscles become accustomed to the machine.

## FREQUENCY OF USE

We suggest using Back2Life for at least two 12-minute sessions each day, preferably one in the morning and one just before bedtime. If that schedule isn't possible, or if you'd like to use the Back2Life more frequently, we recommend waiting at least one hour in between sessions.

To maximize the machine's benefits, it is essential that you use Back2Life on a consistent basis. Based on our experience with thousands of Back2Life users, long-term, continuous treatment yields the best results. Once your back pain has improved, you can enjoy your Back2Life less frequently as part of your healthy back maintenance program.

## WHAT THE EXPERTS ARE SAYING



**Dr. Stephen Steele**  
D.O. FAOASM  
Doctor of Osteopathy

The vast majority of acute back pain is muscular. Restricted motion leads to extra spasm, which leads to pain, so as an osteopath, what I'm usually trying to do [with my patients] is restore motion. Back2Life is a constant motion machine. Back2Life moves the muscle passively, which helps reduce swelling, which helps reduce spasm, which therefore reduces pain. I'm absolutely confident that [Back2Life] is safe, and that people should gain flexibility, pain relief, and mobility. I'm sure a lot of people are going to benefit from this machine.

— **Dr. Stephen Steele**

When your lower back hurts, everything hurts. When your lower back hurts, every move you make or do reminds you of how bad that pain is. Typically when there is a problem in the spine, muscles around that area automatically lock up. If there is pressure there, there will be pain constantly. [To stop this pain], the pressure has to be released from the spinal canal. The back and forth oval motion of Back2Life product lifts the pelvic cavity up and then down in a very gentle motion. This helps to stretch the muscles in the lower back and relieve pressure on the lower lumbar discs that has been built up. All of the patients that I have worked with have noticed very good to fantastic results from the use of this product.

— **Dr. Peter Ziegler**



**Dr. Peter Ziegler, D.C.**  
Back Pain Specialist

I probably evaluate 10 to 12 patients per day, just with low back injuries. This product is going to work for 9-plus percent of the patients that come in with low back pain. It's easy to use and really safe and effective.

— **Chris Baker**

## WHAT BACK2LIFE USERS ARE SAYING

"After the first day using **Back2Life** machine, I realized I had no pain while walking. I never miss using it, once in the morning and once before bed. It's a lot smaller and easier to use than an inversion table. I highly recommend this product."

— **Ed, Columbus, OH**

"Your machine works wonders. Even after two surgeries, I was put on disability with severe leg pain due to nerve damage. **Back2Life** has decreased my pain level. I sleep longer and better. I even sit, stand and walk for longer periods than I have in the past five years."

— **Jane S., Canada**



YOUR 12 MINUTE BACK PAIN SOLUTION®



**LIE BACK, RELAX, AND LET  
BACK2LIFE RELEASE THE  
PRESSURE TO RELIEVE THE PAIN**

# WELCOME TO BACK2LIFE

**Back2Life** is the first home use device that uses **Continuous Passive Motion** to help treat lower back pain and discomfort. This highly effective treatment uses minimal, gentle, rhythmic movements to flex the spine and release pressure.

## BREAK THE CYCLE OF PAIN

The best way to relieve back pain it is to get the back moving to restore flexibility. But anyone who's had back pain knows the last thing you want to do when your back is in pain is to move it a lot. Tight muscles don't like to be pushed, pulled and stretched -- it hurts! This has always made it very difficult for me to get my patients to do the pressure releasing exercises and stretches they need to do to feel relief; you cannot experience lasting relief until you release the pressure! We call this the **Cycle of Pain**.



Dr. Marc Darrow  
MD, JD

## JUST LIE BACK AND RELAX FOR 12 MINUTES

This is why the Back2Life solution is so revolutionary: it does all the work! The gentle, rhythmic, back-and-forth/side-to-side motion eases the pressure out from between the vertebrae without any kneading or pulling, without any painful stretches and exercises. With Back2Life, you simply lie back and relax for 12 minutes at a time. Slowly, gently over time, Back2Life's Continuous Passive Motion will release the pressure built up in your back and relieve the pain.

## TO ORDER BACK2LIFE:

By Phone: (877) 522-2586  
On the Web: [www.GetBack2Life.com](http://www.GetBack2Life.com)

# HOW DOES BACK2LIFE WORK?



The **Back2Life** machine uses a revolutionary technique called **Continuous Passive Motion**. The slow, rhythmic movement loosens tight muscles and releases the pressure between the vertebrae.

### NATURALLY EASE LOWER BACK PAIN:

- **Without aggressive pulling and kneading!**
- **Without painful exercises and stretches!**
- **Without expensive trips to the back pain specialist!**

### CONTINUOUS PASSIVE MOTION (CPM)

is a rehabilitation technique that, when done correctly, can bring incredible results. Ordinary stretching or traction only temporarily stretches out your muscles, letting them contract once more without any lasting impact. CPM gently works the muscles back and forth loosening them and restoring flexibility to the muscles without straining your body. This motion also gently massages the back region, opening up the spaces between the vertebrae to relieve nerve impingement that leads to spasm, tension, and pain.

## RELEASE THE PRESSURE TO RELIEVE THE PAIN.

Back2Life helps to release built-up pressure in the spine and back muscles that causes pain and discomfort. Its **Continuous Passive Motion** restores flexibility to the back region and repositions the vertebrae to their proper anatomical alignment without adding any stress or strain to your body. The machine does all the work for you – all you need to do is lie down twice a day for 12 minutes at a time. Its gentle motion is designed to get you results gradually, safely, and easily.



Tight, Spasmed Muscles



Back2Life Releases Pressure to Relieve Pain.

### Do not use Back2Life in the following cases:

- If you've had back surgery, including spinal fusion in the last year, or thigh surgery in the last six months.
- If you suffer from Listhesis – spinal misalignment of grade II or above.
- In cases where there is central pressure on the spinal cord with the following symptoms: poor balance, urinary problems and numbness in both legs.
- If you are pregnant.

### In the following cases you must consult a qualified physician before using Back2Life:

- If you are suffering from low back pain with evidence of underlying disease or abnormalities (e.g. malignancy)
- If your back pain is induced by a recognized, suspected or impending fracture.
- If you suffer from any form of developing or new neurological deficit (drop foot, bladder dysfunction, etc.)