

## What is Inversion Therapy?

Many individuals who are experiencing pain in their lower back or neck turn to massages, pills and almost anything they can think of. For some, a simple massage will work, but for others, it isn't as simple. Take a new look at inversion therapy. This article is going to examine what inversion therapy is, and take a look at the various benefits of the treatment. Whether you have just injured your back playing sports with a few close friends, or have been in pain for a number of years and you are looking to treat that nasty neck injury, take a look at inversion therapy for a new lease on life.

### What is Inversion Therapy?

Inversion therapy is a therapy that is performed with your head at a lower level than your feet. The reasoning behind this kind of positioning is that when your head is below your feet, the heart is at rest, as it normally is working against gravity to get blood to your various limbs and back, this position allows it to take a bit of break.

Inversion therapy also looks to decompress the bones in the lower back and neck, where the majority of nagging pains and retroactive injuries happen. Inversion therapy can also be modified for those that are either pregnant or for people with high blood pressure. A less extreme version involves the elevation of just your legs with the use of pillows or blankets while the patient lies down.



## **There Are Various Benefits**

Inversion therapy has a number of benefits to showcase why this is the best choice for your therapeutic needs. First and foremost the science behind the therapy is true. In an inverted position, the vagus nerve is nourished with blood, this helps to activate a relaxing response and increasing alpha brain waves that induce stress relief. As well, inversion therapy is the preferred method to create the proper spacing between the vertebrae of the spine that reduces spinal pain and discomfort. Not only does inversion therapy help with the relief of terrible back pain and relieving simple muscle stress it also increases blood circulation. Think of your body as a bottle of water. Although your heart is pushing the blood through the body, it will continue to cycle the same blood from your four limbs. If you inverse yourself the blood from your legs will cycle up to



your head and vice versa. This is great for increasing your circulation and feeling in your extremities.

If you are suffering from back pain or neck stiffness, you may want to look into attending an inversion therapy session and see your results. This article has looked at what inversion therapy is, as well as the many

benefits of the therapy for those suffering from back and joint pain. It relieves back pain, muscle stiffness and increases your blood circulation. Overall, this therapy works and is backed by science. If you have seemingly tried everything to heal your back, try inversion therapy you will not be disappointed. Is back pain worth the wait? Find your local inversion therapist and get on the road to recovery.

