

HoPhysio Decompression Belt -- Frequently Asked Questions

1) What is the HoPhysio Decompression Belt? How does it work?

Just wrap the belt firmly around your waist, attach the pump and inflate the belt. The belt will expand vertically, gently tractioning the lower back to help decompress the spinal discs and stretch tight muscles.

2) How long do I wear the belt for? Do I have to wear it throughout the day?

For the first week, it is recommended that you wear the belt 3-4 times a day for about 30 minutes each time. After the first week, you can wear the belt for as long as you like. It is recommended you use it at least 30 minutes a day.

3) Why does the belt have to fit so firmly around the waist?

If the belt is not firmly wrapped around the waist, it may slip up when it is inflated with the air. When it is firmly wrapped around the waist, it will gently stretch and traction the lower back to help relieve your pain and tension.

4) Is this good for people with degenerative, herniated or bulging discs?

The belt is great for people with degenerative, herniated or bulging discs. Decompression therapy helps reduce the pressure on the spinal discs and helps relieve the weight of the upper body off the lower back. By relieving the pressure off the spinal discs, the discs can get the oxygen, nutrients, and water it needs to be strong and healthy. Traction can also help relieve pressure and constriction off nearby nerves such as the sciatic nerve.

5) I have spinal stenosis, will this help me?

The belt does not treat the spinal canal itself, but it does help relieve a lot of the symptoms associated with spinal stenosis. People with stenosis tend to have muscle tension, pinched nerves and disc degeneration. The belt will help stretch out tight muscles, and reduce pressure on compressed discs and pinched nerves like the sciatic nerve.

6) I have scoliosis, will this help me?

One of the first things people notice when they wear the belt is that it helps them stand taller and straighter. By providing traction, the belt also helps stretch out tight muscles, relieve pressure on pinched nerves such as the sciatic nerve, and reduce pressure on compressed discs.

7) Are there any negative side effects from using the belt?

The belt is very safe to use. You are in control of how much you traction your lower back. This means you can control to your personal comfort level. But even at full inflation, the level of traction is very gentle and effective.

8) Can I wear this to sleep, or while driving, sitting or doing activities?

Yes, many people who have trouble sleeping due to back pain have found that wearing the belt to bed helps them get a restful night's sleep. For maximum results, it is recommended that you use the belt while lying down with your legs propped up with a couple pillows. In this position, your back muscles are relaxed and less tense. You can certainly wear the belt while doing your daily activities, because it is great for helping to support your lower back and increase your core strength.

9) Will wearing the belt weaken my back muscles?

No, wearing the belt will not weaken your back muscles. In fact, many people report that the belt has actually helped strengthen their back muscles because they are more active. With less pain, you can be more active. By being more active, your back can get stronger and healthier.

10) Is the belt covered by insurance?

The description for the belt on your invoice will be "lumbar support belt". If your insurance company covers lumbar support belts, then it is likely you will coverage for HoPhysio Decompression Belt as well.



Toll Free: 1-877-374-6669
www.DrHoNow.com