

# Assembly & User Instructions



## Neck Relax & Restore Duo™

If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

USA: 800-847-0143 or info@teeter.com

International: info@teeterintl.com

### ⚠ WARNING

- Read and understand all the instructions and medical contraindications before using the Neck Relax & Restore Duo™.
- **DO NOT** use the equipment without a licensed physician's approval or as a replacement for medical advice. Carefully review the following list of medical contraindications (this is not an exhaustive list, it is intended only for reference):
  - Cranial, facial, or spinal injury, disease or weakness
  - Brain stem or spinal tumor
  - Stroke / intracranial bleeding
  - Thrombosis / blood clots
  - Pregnancy
  - Heart or circulatory disorders
  - Carotid Stenosis
  - Inflammatory conditions
  - Bone weakness (osteoporosis)
- Any other medical condition that may be made more severe by pressure on or the restriction of blood vessels in the suboccipital region
- **DO NOT** use with the Teeter Inversion Table until you have read and understand the Owner's Manual, viewed the Getting Started DVD that accompanies the inversion table, and are already comfortable using the Teeter inversion table.
- Discontinue use if you experience pain or a worsening of symptoms.
- Prolonged use may cause muscle soreness; it is recommended to use the Neck Relax & Restore Duo™ in moderation.

The Teeter Neck Relax & Restore Duo™ provides a customizable and progressive approach to restoring neck health through self-massage and decompression. Utilize the Flexible Arch Insert for a relaxing and gentle supportive stretch. Switch to the Textured Rubber Insert for a more intense deep tissue suboccipital release, a technique to reduce tension in the supporting muscles of the neck and to help relieve tension headaches. Use the rotating base to easily position and apply variable pressure, naturally and gently loosening tight, sore muscles in the neck. The Neck Relax & Restore Duo™ can be used as a standalone self-massage tool or attached to any Teeter Inversion Table for added neck support and tension relief while inverting.

## How to Assemble

### Attaching the Inserts

- Align the insert over the base and firmly push down with both hands.
- Ensure the bottom of the insert is flush with the base (Figure 1).

### Removing the Inserts

- Keep the base steady by holding it down with both palms and pulling on either side of the insert with your fingers until free from the connecting tabs (Figure 2).
- **NOTE:** Pulling up on only one side of the insert at a time can cause damage to the connecting tabs.

### Attaching Acupressure Nodes (optional accessory not included)

- The Acupressure Nodes are intended for use with the Flexible Arch Insert to help target the suboccipital and supporting neck muscles for a deeper massage.
- Locate the two slots in the top of the Flexible Arch Insert and determine your desired location within the slots.
- Unscrew the black backing from the node and insert the backing into the slot from the rear of the Flexible Arch Insert so the threads are visible from the front (Figure 3a).
- Twist the node clockwise to secure it into place onto the threaded backing (Figure 3b).
- Do not overtighten to avoid damaging the node. Repeat with the second node.
- To shift node placement within a track, loosen the backing and slide the node in the slot.
- When nodes are removed, be sure to replace the backing into the node so that the two pieces remain together.

FIGURE 1



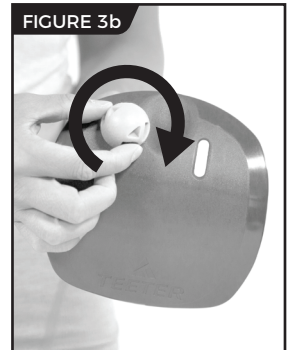
FIGURE 2



FIGURE 3a



FIGURE 3b



## How to Use

### Select Your Insert

- For a gentler neck massage and added decompression, use the Flexible Arch Insert. For added pressure-point relief, add Acupressure Nodes.
- For deep tissue work and suboccipital release that can help to relieve tension headaches, use the Textured Rubber Insert.

### Setup: Floor

- Place the Base flat on a surface like a bed or the floor with an exercise mat.

### Setup: Teeter Inversion Table

- Position the Base on the inversion table at your desired height. Feed the Hook & Loop straps through the bed slots and secure on the other side of the table bed (Figure 4).
- Using while attached to your Teeter may impact the rotation of the table. Set the Angle Tether to a moderate inversion angle and use a spotter until you find the correct balance settings and are comfortable with the operation of the table.
- The Neck Relax & Restore Duo™ works between intermediate to moderate inversion. Full inversion (90°) moves the body away from the device.
- Ensure you follow the Teeter Inversion Table Owner's Manual to customize your settings and secure your ankles before proceeding to invert.

### Use Instructions

- **Flexible Arch Insert:** Center your neck over the arch in a comfortable position. The unique design utilizes the weight of your head to add decompression to the neck and help fully relax your neck and shoulder muscles (Figure 5).
- **Textured Rubber Insert:** Position the insert at the suboccipital muscles right at the base of your skull, then allow your head to gently drop backward (Figure 5).  
**Tip:** add a therapeutic cooling sensation by placing the rubber insert into the freezer for 15-20 minutes prior to use.
- Deep tissue release can be very intense! Be patient and give it time to do its work. Start with short 30-60 second intervals and increase only as you feel comfortable. Discontinue use if you experience pain or worsening symptoms.
- The rotating base allows you to move your head to adjust positioning or apply variable pressure to help target trouble areas (Figure 6).

### Maintenance

- Detach the insert and clean with warm water and gentle soap. Allow to air dry.

FIGURE 4

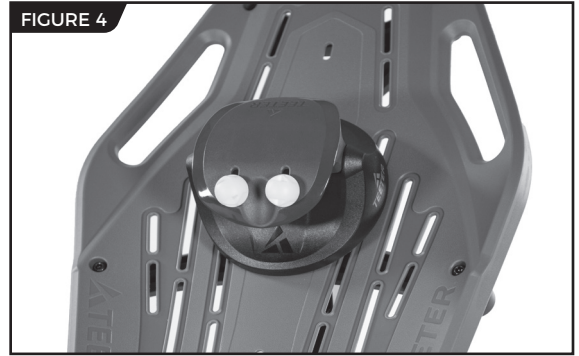


FIGURE 5

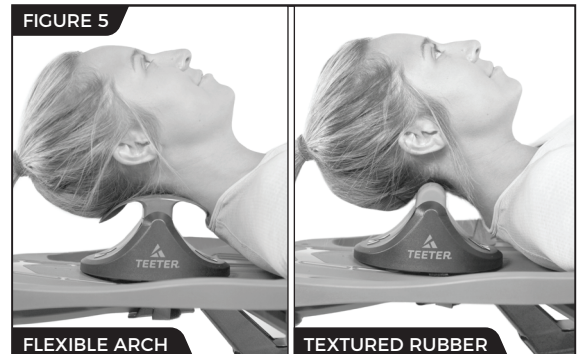
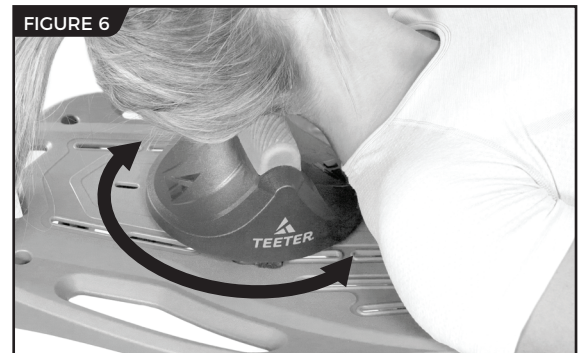


FIGURE 6



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