

nubax

Put back
pain
behind
you.

Relieve back pain in three easy steps.



"My first thought when I saw the Nubax was 'Why didn't I think of this first!'. I have helped thousands of people overcome back pain with exercise in the last decade and I had found it difficult to prescribe an exercise that gave a safe and easy traction to the spine. As soon as I saw the Nubax I knew it would help many of the people I work with. I am pleased to say over the past 2 years there have been many success stories from people who have used the Nubax to help overcome their problem."

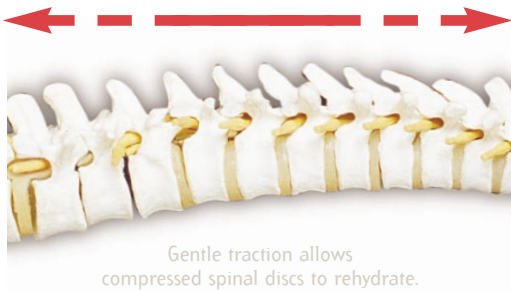
Kingsley Flett

(B.P.E. Med., Exercise Physiologist,
Director – Physical Intelligence)



Why do we get back pain?

Ever since man stood upright gravity has been compressing our spines, and today's modern lifestyle has only exacerbated the problem. Sitting for long periods, bending, lifting, twisting and generally subjecting our spines to jars and jolts that they are not designed to cope with all take a toll. Eventually, these activities lead to some form of back injury or disorder that can be very painful, partially debilitating or even result in total loss of mobility.



Disc compression is the cause of many back problems. The discs are the shock absorbers of our spine and need to be healthy, pliable and strong to withstand the pressures that are constantly placed upon them. Without proper care, they become compressed and stiff and prone to injury and damage. If this situation is not addressed it waits like a time bomb. The longer we leave our spine in this condition the more likely we are to have back problems.

Compression of the discs can alter their shape and have a negative domino effect on all the structures of the spine. Disc-narrowing places extra strain on the facet joints and reduces the efficiency of small, but crucial, deep intervertebral muscles. It can also cause pressure on nerves and degeneration of the vertebra. All of which leads to pain and immobility, which in turn has a detrimental effect on our lifestyle.

Nubax – The Solution.

Traction has long been an accepted and proven method of reducing back pain by taking pressure off the spine and promoting disc re-expansion and re-hydration. Until now, traction has been uncomfortable and difficult to access and apply personally. Methods involving inversion of the body (hanging upside down) are often bulky, unappealing and not suitable for many people, such as those who are pregnant, have low/high blood pressure, heart conditions, stomach reflux problems or are elderly and frail.

The Nubax is the solution for effective home traction to reduce pain and maintain a healthy spine. The Nubax will reduce pressure on the spine, promoting disc re-expansion and re-hydration. It will reduce pain in the first instance and then promote the healing of the discs, reducing the re-occurrence of painful and debilitating conditions through continued and regular use. And unlike many drug therapies, continued use of Nubax will not harm your body. In fact, it will promote a healthier back and work towards preventing future back problems.

Nubax – Features

- Lightweight and compact. Easily stored and transported.
- Quick and easy to use, no assistance required, uses only your own body weight.
- Effective gentle but strong static traction applied only to your back.
- Correct alignment of shoulders and spine by stabilised shoulder and pelvis support.
- Relief whenever you want it where ever you are.
- No ongoing costs or maintenance.

"After 27 years of a hard international cycling career on the road, velodrome and dirt, a herniated L5, S1 disc finally took me off the bike. Nubax got me back on! Well done on the Nubax machine guys and well done for keeping it simple and affordable."

Tony Davis.
(Olympic cyclist, 5 x Australian Team)



"I'm a bricklayer and having a sore back is not much fun. I've had a bad back for 10 years and have at times considered giving up my job. When I come home from work with a sore back I spend 2 minutes in the 'Nubax' and it gives me instant relief. I can now manage my back pain without pain-killers and I no longer need to consider quitting my job."

Alan Gadeck.



"19 years ago I had a car accident that left me with Lumber disc herniation. Since I have been using Nubax I haven't needed any chemical pain relief. No more long drives to see a chiropractor. The savings in time and money were immediate. Nubax is a total management plan."

Wendy Harrison - Hazel.

