



**ASSEMBLY INSTRUCTIONS  
INSTRUCTIONAL TRAINING MANUAL**

**DFM<sup>TM</sup>** DECOMPRESSION & FUNCTIONAL MOVEMENT  
Inversion Table

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**DO NOT DISCARD - KEEP FOR FUTURE REFERENCE**

LF-1050 05/07-0

## PRE-ASSEMBLY

**Before beginning:** These instructions will guide you in properly assembling the DFM™ Inversion Table. Please review all the steps before assembly. Carefully adhere to the Assembly Instructions and Instructional Training Manual to help ensure user security and product integrity.

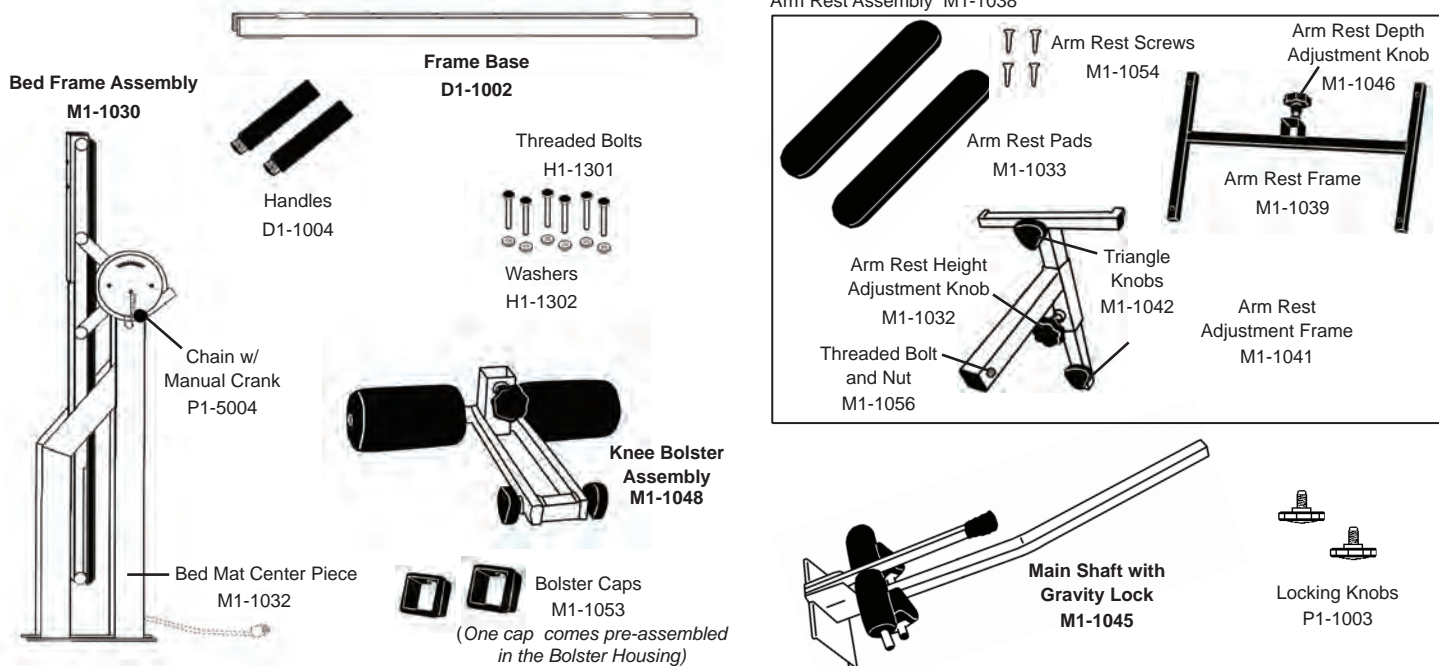
### ⚠ WARNING

1. Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
2. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on the head or neck, pinching, entrapment or equipment failure.
3. Do not use the DFM™ until you have thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.
4. Choose a level surface for assembling and operating the DFM™.
5. Follow each step in sequence. Do not skip ahead.
6. Make sure that all fasteners are secure.
7. Replace defective components immediately and/or keep the equipment out of use until repair.
8. Schedule daily, weekly and monthly equipment inspections. Make sure that the parts rotate smoothly and that all fasteners are secure.
9. Ensure outlet is grounded before plugging DFM into an outlet.

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or the manufacturer directly (See page six of the Instructional Training Manual).

ITEMS FOR ASSEMBLY	ITEM #'s	ITEMS FOR ASSEMBLY	ITEM #'s
<b>Bed Frame Assembly</b>	<b>M1-1030</b>	<b>Arm Rest Assembly</b>	<b>M1-1038</b>
Chain w/ crank	P1-5004	Two (2) Arm Rest Pads	M1-1033
Bed Mat Center Piece	M1-1032	Four (4) Screws	M1-1054
Two (2) Handles	D1-1004	Arm Rest Adjustment Frame	M1-1041
<b>Frame Base</b>	<b>D1-1002</b>	Two (2) Triangle Knobs	M1-1042
Six (6) Threaded Bolts (12mm)	H1-1301	Arm Rest Height Adjustment Knob	M1-1032
Six (6) Flat Washers (12mm)	H1-1302	Threaded Bolt and Nut	M1-1056
<b>Knee Bolster Assembly</b>	<b>M1-1048</b>	Arm Rest Frame	M1-1039
Two (2) Bolster Caps	M1-1053	Arm Rest Depth Adjustment Knob	M1-1046
		<b>Main Shaft with Gravity Lock</b>	<b>M1-1045</b>
		Two (2) Locking Knobs	P1-1003

**Required tools:** 19mm wrench (3/4") and/or adjustable wrenches; Phillips head screwdriver  
**NOTE:** Some hardware may arrive pre-assembled to the corresponding parts.



## ASSEMBLY

**Note:** The Bed Frame Assembly arrives rotated into the fully inverted position. This is the most convenient position from which to begin the assembly process.

### STEP ONE

#### Secure the Bed Frame Assembly (M1-1030) to the Frame Base (D1-1002)

- Place the Frame Base flat on the floor, with the holes up. The holes in the Frame Base are off-center, positioned toward the front. (See Figure 1)
- Place the Bed Frame Assembly upright on its legs on top of the Frame Base, with the smaller, angled legs pointing in the same direction as the front of the Frame Base.
- Align the six (6) holes and insert a bolt with flat washer through each hole on both sides of the Base. If the holes do not align, turn platform around. Loosely tighten the bolts until certain that all of the holes are aligned properly, then securely tighten with wrenches.

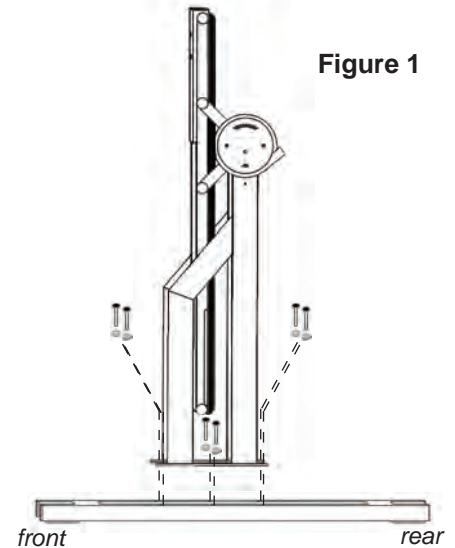


Figure 1

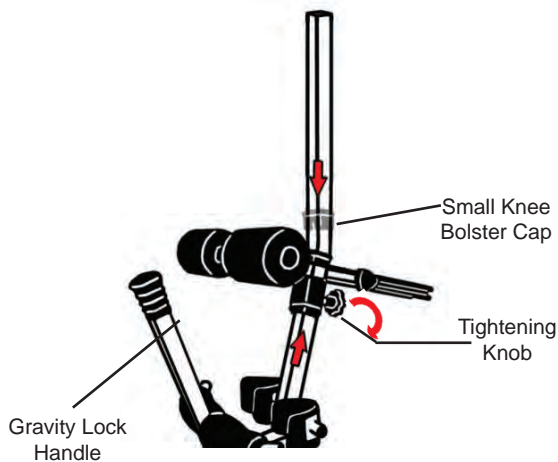


Figure 2A

### STEP TWO

#### Secure the Knee Bolster Assembly (M1-1048) to the Main Shaft with Gravity Lock (M1-1045)

- Position the Bolster Foam Pads on the Knee Bolster Assembly to face the Gravity Lock handle side of the Main Shaft, and with preassembled Large Bolster Cap positioned downward. Slide the Knee Bolster past the bend in the Main Shaft. (See Figure 2A)
- Slide the other Knee Bolster Cap onto the Main Shaft and into the Knee Bolster Housing. Firmly press both caps so they fit snugly into the housing. Rotate the Tightening Knob to securely hold the Knee Bolster Assembly. (See Figure 2A)

### STEP THREE

#### Secure the Main Shaft with Gravity Lock (M1-1045) to the Bed Frame Assembly (M1-1030)

- Insert the Main Shaft with Gravity Lock into the Bed Frame Assembly. (See Figure 3) Line up the holes on the back of the Bed with those in the Main Shaft with Gravity Lock. **NOTE: There are two height settings on the main shaft, but they do not need to be set for every patient. Use them as a guide and adjust for extremely tall or short patients.**
- Insert the Locking Knobs and tighten to secure the Main Shaft with Gravity Lock to the Bed Frame Assembly.

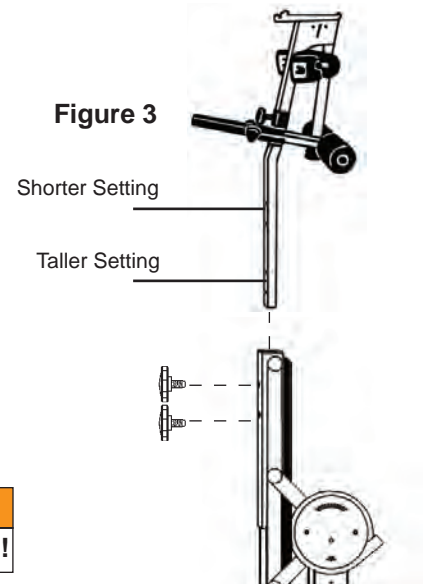


Figure 3

### ⚠ WARNING

**FAILURE to properly tighten the Locking Knobs could result in injury or death!**

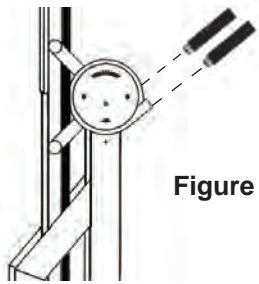


Figure 4

## STEP FOUR

### Secure the Handles (D1-1004) to the Bed Frame Assembly (M1-1030)

- Remove the caps from arms and screw the handles into the arms on both sides of the Bed Frame Assembly. (See Figure 4)

## STEP FIVE

### Connect the Cord to the power source

- Connect the cord to a power source and rotate the Bed upright using the Rotation Control Button. (See Figure 5)
- GROUNDING INSTRUCTIONS**

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

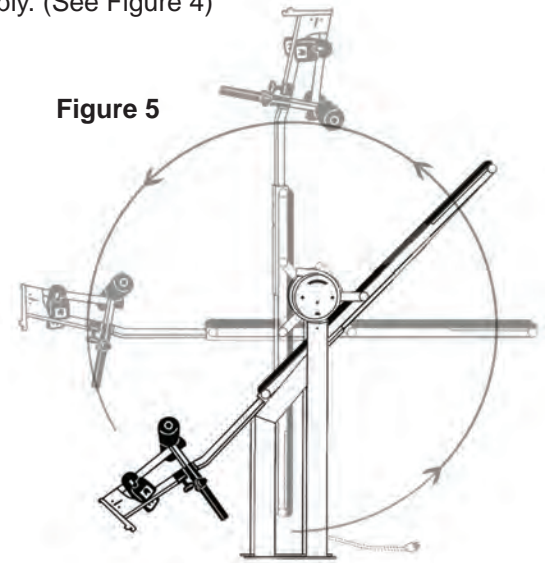


Figure 5



Figure 6

## STEP SIX

### Secure the Arm Rest Pads (M1-1033) to the Arm Rest Frame (M1-1039)

- Attach the Arm Rest Pads to the Arm Rest Frame with the Screws (M1-1054). (See Figure 6)

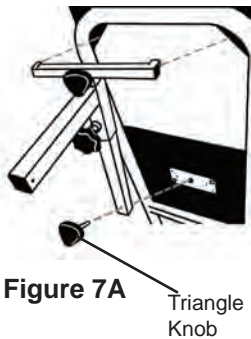


Figure 7A

Triangle Knob

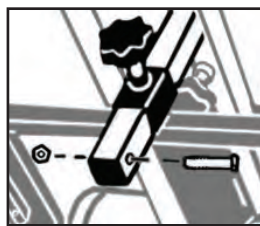


Figure 7B

## STEP SEVEN

### Secure the Arm Rest Assembly (M1-1038) to the Bed Frame Assembly (M1-1030)

- Remove the Triangle Knob (M1-1042) at the base of the Arm Rest Adjustment Frame (M1-1041) shaft. (See Figure 7A) *Keep this hardware nearby!*
- Mount the Arm Rest Adjustment Frame to the back of the bed by hooking the metal tabs onto the spaces in the back of the bed. Secure the base with the Triangle Knob.
- Remove the Threaded Bolt and Nut from the shaft of the Adjustment Frame.
- Slide the Arm Rest Frame (M1-1039) onto the shaft of the Arm Rest Adjustment Frame and secure. Reinsert and tighten the Threaded Bolt and Nut. (See Figure 7B)

## STEP EIGHT

### Testing the Assembly

#### PRIOR TO USE:

- Test the table for smooth and steady rotation. If the table does not operate smoothly, there is a malfunction and you should contact customer service.
- Ensure that all fasteners are secure.

The assembly of the DFM™ Inversion Table is now complete.

#### Please remember:

- Read the Instructional Training Manual and accompanying materials thoroughly before using the DFM™. Improper use could result in serious injury or death.



## ⚠️ DANGER - Electrical Hazards

### To reduce the risk of burns, fire, electric shock, or injury to persons:

- **ONLY** connect this appliance to a properly grounded outlet. See "REQUIRED GROUNDING PROCEDURES" below.
- **ALWAYS** unplug before cleaning, putting on or taking off parts.
- **NEVER** operate this appliance if it has been dropped or damaged, or if it has a damaged cord or plug.
- **DO NOT** attempt to fix this appliance if damaged or malfunctioning. Contact the manufacturer for troubleshooting and evaluation. USA & Canada: (800) 847-0143/(253) 840-5252, International +1 (242) 362-1001 and Europe +44-(0)20-8667-0060.
- **NEVER** operate the appliance with the air opening blocked.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered. Normal internal motor sparking could ignite these gases.
- **DO NOT** use outdoors.
- **DO NOT** leave unattended when plugged in.

### REQUIRED GROUNDING PROCEDURES:

Connect this product to a properly grounded outlet only. Grounding protects you if certain components fail.

- The 3-prong grounding plug provided with this product must be plugged into an outlet that is properly grounded in accordance with all local codes and ordinances. A qualified electrician can verify the outlet is properly grounded.
- If the 3-prong plug will not fit in the outlet, **DO NOT** modify the plug or use an adapter. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit (unless otherwise specified due to special order).

## ⚠️ WARNING

It is your responsibility to be familiarized with the proper use of the equipment and the inherent risks of inversion, such as falling on the head or neck, pinching, entrapment or equipment failure. **FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

### Restrictions on Use

- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: *(This is not an exhaustive list, it is intended only for reference)*

<ul style="list-style-type: none"> <li>· Middle ear infection</li> <li>· Extreme obesity</li> <li>· Pregnancy</li> <li>· Hiatal hernia</li> <li>· Ventral hernia</li> <li>· Glaucoma</li> <li>· Retinal detachment</li> </ul>	<ul style="list-style-type: none"> <li>· Conjunctivitis</li> <li>· High blood pressure</li> <li>· Hypertension</li> <li>· Heart or circulatory disorders</li> <li>· Spinal injury</li> <li>· Cerebral sclerosis</li> <li>· Acutely swollen joints</li> </ul>	<ul style="list-style-type: none"> <li>· Recent stroke or transient ischemic attack</li> <li>· Bone weakness (osteoporosis)</li> <li>· Recent or unhealed fractures</li> <li>· Medullary pins</li> <li>· Surgically implanted orthopedic supports</li> <li>· Use of anticoagulants (includes high aspirin use)</li> </ul>
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- **DO NOT** use if you are over 6'6" (198 cm) or 300 lbs (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.

### Precautions Before Using

- **DO NOT** use the inversion table until you have thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure that all fasteners are secure and that the equipment is located on a level surface.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- In the event of a power outage during use, this table requires the use of a hand crank to return to an upright position. All first time users should practice manual cranking to an upright position with a spotter until comfortable with the procedure. Users who are not able to successfully utilize the hand crank should **NEVER** use the unit without a spotter.
- Refer to additional warning notices posted on the equipment.

### Precautions During Use

- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- **ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.



## WHO SHOULD USE / NOT USE THE DFM™ Inversion Table?

*Facilities are responsible for evaluating their own patients and clients to determine who should and should not use the equipment. It is also the facilities' responsibility to review the health contraindications and safety instructions with all users prior to allowing them access to the equipment.*

### ATTENTION STAFF:

The DFM™ is a high-quality inversion machine intended for use in clinical facilities. It is important that all users are accompanied by a trained clinician or receive training on how to adjust and use the equipment.

### Placement within the facility:

- Ensure the unit is on a level surface.
- Assemble the equipment in an area with sufficient clearance on all sides of the unit. Users will require adequate space to rotate the table.
- Be aware that passersby may be bumped if they stand too near to the unit while in use.
- Make sure the instructions are nearby and accessible.

### Maintenance of the equipment:

- Facilities are responsible for the cleaning and maintenance of the equipment.
- Regularly wipe down the unit with mild soap and water.
- Schedule daily, weekly and monthly equipment inspections to verify the unit is clean and in good shape, functions properly, rotates smoothly, and that all fasteners are secure.
- For warranty service, refer to the contact information listed on page six of this manual.

### Training for staff and users:

- Familiarize all staff members with this Instructional Training Manual.
- Provide users with adequate training on proper equipment function, adjustments, precautions, risks from overexertion or improper use, and health contraindications.



## PRIOR TO USE

Press the Rotation Control Button to ensure that the table rotates smoothly to the fully inverted position and back.

## HOW TO INVERT

Before operating the equipment, it is important to brief the user on equipment operation. The DFM™ is a motor-operated inversion device, controlled by pressing a button. The motor takes approximately 25 seconds to rotate from the fully inverted position to start position. *For unsupervised use of the equipment: If there are any uncertainties about the user's ability to operate the equipment properly, ensure a supervisor is nearby or else discontinue the use of the equipment.*

## ADJUSTING THE SUPPORTS

Prior to use, preset the supports to best accommodate the user body type and therapeutic protocol.

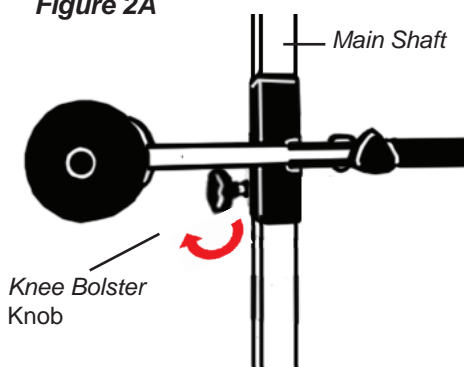
### 1. Main Shaft with Gravity Lock:

There are two height settings on the main shaft though they do not need to be set for every patient. You may want to adjust for extremely tall or short patients. For ease of adjustment, we recommend the table be rotated all the way to 90 degrees (full inversion).

- Press the rotation control button in the direction of the rear of the table until the table is fully inverted.
- Remove the Locking Knobs from the Bed Frame Assembly and line up the holes of the Main Shaft with those in the Main Shaft Gravity Lock. Use the holes closest to the Ankle Clamps to accommodate shorter users or the holes toward the end of the Main Shaft to accommodate taller users.
- Insert the Locking Knobs and tighten to secure the Main Shaft with Gravity Lock to the Bed Frame Assembly.

**⚠ WARNING**  
**FAILURE to properly tighten the Locking Knobs could result in injury or death!**

Figure 2A



### 2. Knee Bolsters:

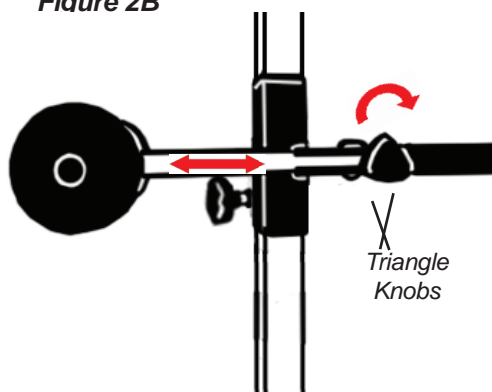
It is recommended to position the knee bolsters in the lowest position prior to use, so as to not interfere when the user mounts the table.

Prone: In the lowest position, the knee bolsters provide support while mounting the table.

Supine: Once the patient is locked securely (see Securing the Ankles page four), rotate the table to horizontal. From this point, adjust the knee bolsters to the appropriate height.

- Loosen the Knee Bolster Knob and slide the Knee Bolster Assembly to best fit the location of the user's bent knee. (See Figure 2A)
- Retighten the Knee Bolster Knob.
- Loosen the Triangle Knobs at the base of the Knee Bolster Arms.
- Adjust the Knee Bolster Pads to place the desired degree of **flexion** in the knees. Retighten the Triangle Knobs. (See Figure 2B)

Figure 2B



### 3. Bed Mat Center Piece: remove for prone use only

- TO REMOVE: Pull at the top of the Bed Mat Center Piece which is seated in the middle of the table bed. (See Figure 3)
- TO REINSERT: Align the Bed Mat Center Piece with the opening in the middle of the table bed. With zipper side facing the rear of the table, insert the piece until it is even with the mat.



Figure 3

## ADJUSTING THE SUPPORTS

### 4. Arm Rests: *for prone use only*

- Height: Loosen the Arm Rest Height Adjustment Knob and slide the housing along the Arm Rest Adjustment Frame Shaft so that the crossbar of the Arm Rest Frame is positioned comfortably for the user's torso. (See Figure 4A) Retighten the Adjustment Knob.
- Depth: Loosen the Arm Rest Depth Adjustment Knob. Adjust the Arm Rest Frame to a comfortable position for your patient. (See Figure 4B) Retighten the knob.

NOTE: You will need to remove the Arm Rest Assembly before rotating into full inversion - the Arm Rests do not fit between the rear legs of the Bed Frame Assembly.

- *TO REMOVE:* Detach the Threaded Bolt and Nut at the end of the Adjustment Frame Shaft and remove the Arm Rest Frame. Reinsert and tighten the Threaded Bolt and Nut.

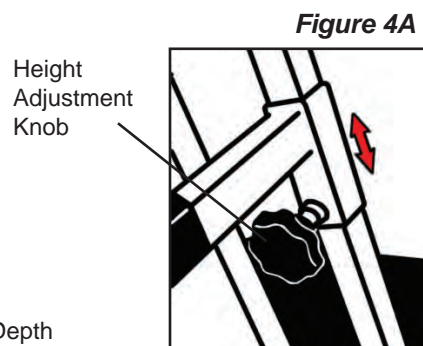


Figure 4A

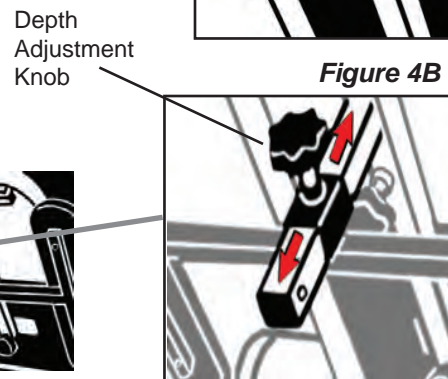


Figure 4B



## SECURING THE ANKLES

- **ALWAYS** make sure user is wearing securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the ankle bone. Verify that no part of the footwear or garments can touch or interfere with the Gravity Lock Handle or ankle clamps in any way during inversion.
- It is recommended to position the knee bolsters in the lowest position prior to use.

### 1. OPENING THE GRAVITY LOCK

- Push down on the top of the Gravity Lock Handle.
- Push the handle slightly inward, allowing the spring locking system inside the Gravity Lock Housing to disengage, then pull out to open. (Figure 5)

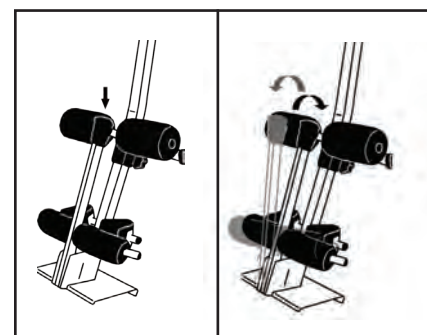


Figure 5

### 2. MOUNTING

#### Supine Position

- Facing away from the table bed, carefully step over the main shaft and sit on the bed mat. Step onto the foot platform, sliding the ankles between the foam ankle clamps. (Figure 6A)



Figure 6A

#### Prone Position

- Facing the table bed, carefully step over the main shaft and step onto the foot platform. Slide your ankles between the foam clamps, while resting the front of the legs on the knee bolsters. (Figure 6B)



Figure 6B

### 3. CLOSING THE GRAVITY LOCK

- Press the ankles firmly against the rear ankle clamps.
- Close the Gravity Lock Handle, making sure that shoes and clothing do not interfere with obtaining a secure closure.



## IMPORTANT!

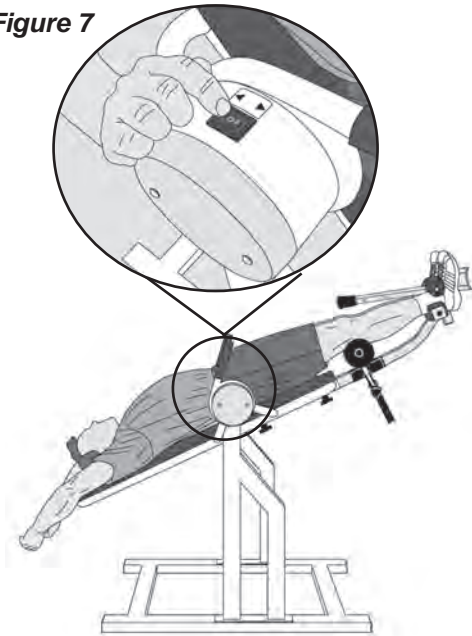
Test the Gravity Lock Handle by moving it back and forth to make sure the foot clamps are locked securely.

**ALWAYS** carefully check to be certain the Gravity Lock Handle is locked securely each time, and make sure both the front and rear ankle clamps are snug against the ankles or user could fall while inverting.

## ⚠ WARNING

Failure to lock the foot clamps **fully** could result in serious injury or death!  
**DO NOT** deviate from these instructions.

Figure 7



## INVERSION

- To begin inversion, push the Rotation Control Button in the direction of the user's head. (See Figure 7)

While Inverted: Encourage users to relax, breathe, stretch, move and exercise. Explain how to achieve maximum benefits when using the DFM™:

- Movement is also helpful to encourage relaxation, stimulation of circulation and lymph flow.
- Increase the length of use over a period of time if necessary. However, point out that there is no need to continue if uncomfortable. Inversion is NOT a no pain, no gain activity.
- Depending on the user's needs, some may prefer to use the equipment for decompression and relaxation, while others may prefer a more active workout consisting of stretching and exercise. Adapt each protocol specifically for the user's needs.

## RETURNING TO THE UPRIGHT POSITION

- To return upright, press the Rotation Control Button in the direction of the user's feet. Rest them at a position just above horizontal for at least 30 seconds prior to returning to start position.



Figure 9

### In the Event of A Power Outage:

- Remain calm.
- Reach for the emergency crank attached to the motor housing. (See Figure 9)
- Insert the emergency crank into the hole on the motor housing and turn the crank *clockwise* to rotate the table upright.
- The table will need to be rotated upright to beyond horizontal in order for the Gravity Lock to disengage and allow the ankle clamps to open.

## THE DFM™ INVERSION TABLE



Utilize inverted decompression to assist in muscle relaxation and postural correction during treatment of “trigger points” through Myofascial Release.



The knee bolsters on the Teeter™ DFM™ Inversion Table allow for anterior rotation of the pelvis and subsequent flattening of the lumbar curve while in the supine position, putting the patient in an optimal position for spinal decompression.



Applying Cranial Release allows for further distraction of the cervical vertebrae and puts the clinician in the most favorable position to treat “trigger points” found in the neck and shoulder musculature.



The ability to place a patient in the prone or supine position on the DFM™ Inversion Table gives the practitioner a wider range of options when treating vertebral subluxations. Chiropractors currently using inversion in their practice have stated that some adjustments are easier to achieve when the patient is inverted.



Adhesive Capsulitis, tight Pectoral Muscles, and general loss of range of movement can be difficult and painful to treat using traditional methods. Inverted decompression provides the opportunity for passive and assisted stretching of the shoulder girdle with gentle distraction, which is often more effective and comfortable for the patient.

Developed with assistance from medical and wellness professionals, **Teeter™ inverted decompression equipment** is designed to provide clinicians with a variety of decompression techniques.

For information about the 2-year warranty, to order replacement labels or manuals, or if you have any problems assembling the DFM™ Inversion Table or questions about its use, please contact Customer Service at the appropriate location below:

**USA & Canada:**

STL International, Inc.  
9902 162<sup>nd</sup> St. Ct. E.  
Puyallup, WA 98375  
(phone) 800-847-0143  
(fax) 800-847-0188  
(e-mail) [Info@STLIntl.com](mailto:Info@STLIntl.com)  
(web) [www.STLIntl.com](http://www.STLIntl.com)

**International:**

Inversion International, Ltd.  
PO Box: AP 59245  
New Providence Island, Bahamas  
(phone) 1-242-362-1001  
(fax) 1-242-362-1002  
(e-mail) [Info@InversionInternational.com](mailto:Info@InversionInternational.com)  
(web) [www.InversionInternational.com](http://www.InversionInternational.com)



UL-1647 Listed. General Requirements for Safety in accordance with Underwriters Laboratories, Inc. Any modification to this device



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