

Elite Athletes Use Inversion to Stay on Top of Their Game

The use of commercial inversion equipment may be one of the best-kept secrets among professional athletes and their trainers.

Who uses Teeter inversion?

NBA, NFL and MLB Teams
PGA Golfers
Professional Cyclists
Extreme Sports Pros
Olympic and Collegiate Athletes
U.S. Army Soldiers

How Athletes Are Using Teeter Inversion Equipment

Decompressing and training with Teeter inversion equipment can help the athlete stretch, relax and realign for improved flexibility and agility, mitigate compression fatigue in all weight-bearing joints, and provide an ideal platform for building core strength.

Pre-season, strength and conditioning coaches guide their athletes through inversion prior to strength training and for workout cool-down.

During the season, athletic trainers are incorporating inversion into players' treatment protocols to address back injuries, muscle strains and help recover from highly compressive activities.

In the off-season, countless athletes rely on their own inversion equipment at home to help maintain their flexibility and mobility and remain primed for future workouts.

High-Performance Equipment

Teeter's commercial-grade inversion table is UL Listed and designed to withstand heavy use by athletes. Ideal for therapy rooms as well as multi-user training facilities. Inquire about Teeter's XL models for larger-stature athletes.

In the Army

After six years of evaluation, the U.S. Army Physical Fitness School determined that the soldiers who inverted regularly using Teeter inversion equipment suffered fewer joint related injuries and healed more quickly from joint compression damage.

"We believe in the value of inverted decompression and mobilization. Your inversion [equipment] provides an ideal way to mitigate the stress of jumping, running and other strenuous tasks we require our soldiers to regularly perform."

Lieutenant Colonel Rieger, Commandant



What they say...

Just want to let you know how much my players, staff, and management benefited from using the Teeter DEX and inversion table. You can imagine the amount of spinal compression that professional basketball players are subjected to, and low-back pain is a constant malady. With occasional use of either one or both, we have greatly reduced our low-back problems. Thanks again for making these items available to us.

Gary Briggs ATC, LAT, PES, CES, IMT
Head Athletic Trainer
Utah Jazz

We LOVE the quality of your product, and believe it does meet the demands of the serious competitive athlete.

Mark Verstegen
Athlete's Performance

As an elite sprinter my body has to be prepared to endure very explosive muscular activity. I have found that inversion therapy helps reduce muscle tension and the likelihood of ligament strains. Furthermore, the recovery benefits; such as reduced muscle stress, enhanced flexibility and improved blood circulation, have proven helpful in any form of activity, whether it be a World Class race or a casual walk.

Sheri-Ann Brooks
Olympic Athlete, Jamaican National
100m and 200m Sprinter

