

LumbarTrac™ Spinal Fitness Machine Waiver

1. It is highly recommended you consult a healthcare provider for an evaluation of your back before using LumbarTrac™. LumbarTrac™ is specifically designed to reduce and eliminate back pain temporarily from the lower back caused by compressed discs. If your pain is not caused by compressed discs it is unknown what will happen if you use LumbarTrac™. If you have had back surgery you must consult a qualified physician to evaluate your back to know if it is able to withstand traction type forces.
2. I understand that under no circumstances should anyone other than the person strapped into the LumbarTrac™ Spinal Fitness Machine operate or touch the wheel handles in any way.
3. I understand that LumbarTrac™ or anyone affiliated or associated with LumbarTrac™ or the LumbarTrac™ Spinal Fitness Machine has not offered or given any medical diagnosis of any kind, and has not indicated that they are qualified to diagnose or treat medical conditions.
4. I understand that I am in full control of the “pull” at all times and can simply release the handles if too much discomfort arises.
5. I have educated myself on the causes of my particular lower back pain and my pain is contributed to compressed discs in my lower spine. I further understand that the sole purpose of the LumbarTrac™ Spinal Fitness Machine is to gently and forcefully pull the pelvis away from the torso in an effort to relieve pressure on the lower discs that are causing the pain.
6. I understand there may be soreness or other short term anomalies contributed to stretching tissue that has probably never been stretched before. I further understand I can alleviate or eliminate these by following the directions on the placard affixed to the machine. Main points are to stretch and warm the muscles associated with the lower back, start slow and easy and pull more in later sessions, and rest on the padded top for a couple of minutes after your pull while rotating your hips around a bit.
7. I in no way hold LumbarTrac™ or anyone affiliated with LumbarTrac™ responsible or liable for any damages, pain, or suffering while using the LumbarTrac™ Spinal Fitness Machine or while on the premises of a LumbarTrac™ Studio.

Print Name: _____

Date: _____

Signature: _____