

**FDA REGISTERED**

**Lower back pain?  
Get ready...**

**This  
product  
is  
going  
to  
change  
your  
life!**



**Made in America**



**The BACK BUBBLE Instruction Guide  
Featuring the Chase Technique**

# Congratulations!

You have just purchased a product that really is going to change your life!

## Introduction

The Chase Technique is the art of suspending your body correctly on the Back Bubble. This enables you to use your body weight to produce spinal decompression that *will quickly relieve your lower back pain and sciatica*. The Chase Technique also helps align your lower back, increase flexibility, strengthen core muscle groups and promote the movement of corrective fluids. **It works!**

## About your Back Bubble

Your Back Bubble is a unique inflatable cushion suspended from a properly calibrated buoyancy spring. The combination of the inflatable cushion encircling and suspending you from the chrome plated spring will give you a feeling of floating in air-cushioned weightlessness. The pressure will be removed from the pain causing structures in your lower back, *giving you relief from the pain in seconds. You will love it!*

## We're here for you!

You may want to call our toll free number when you receive your Back Bubble. We will assist you right from the start, and answer any questions you may have. For hands-on training, log onto our website at ([www.backpainrelief.com](http://www.backpainrelief.com)) to see our show schedule and visit us in person.

## The Self Evaluation

Please review the self evaluation guide on page 10 to learn how you, personally, should use The Back Bubble.

## The Back Bubble Package Includes the Following:

- **Chin-up Bar:** To hang The Back Bubble in a doorway, hallway or other opening\*.
- **Brackets & Screws:** To suspend the removable Chin-up Bar.
- **The Back Bubble w/ Buoyancy Spring:** Fully pre-assembled for you.
- **Instruction Guide**
- **Instruction Video**
- **Toll Free Help Hotline**  
**1-800-457-7246**

\* The Back Bubble can also hang from a sturdy hook, rope or chain (min. 500lb) properly installed in a solid surface.



## Let's get started!

Wear comfortable clothes with tennis shoes or other non-slip sole shoes while using The Back Bubble.

## Setting up your Back Bubble

### 1) Install the Removable Chin Bar

- Choose a doorway 26.5" to 36" wide\*
- Attach brackets so tops are 2" from top of doorway (fig. 1)
- Oversized doorways require special instruction\*\*

### 2) Or Install a Heavy Duty Hook

## Assembling your Back Bubble

Your Back Bubble is Pre-Assembled

### 3) To Inflate the Back Bubble

- Rotate Chrome Ring down so you can depress Valve Tip (fig. 2&6) (Rotating the chrome ring up locks the Valve Tip)
- Depress the tip of the valve and blow into it
- Fill to about 60% (Bubble should look like Fig. 6)
- Use the side of your hand to crease the Bubble's center and make a point (fig. 3&6)
- Your Bubble should look like (Fig.6) with a 1" to 4" opening at the top
- Adjust comfort by depressing Valve Tip letting air out



Fig. 6

### 4) Adjusting the Height of the Bubble

- Raise or lower The Bubble by lifting the bottom of the adjustment buckle (fig. 5) and pulling the strap downward firmly.

### 5) The Comfort Spreader (optional)

- The Comfort Spreader is normally used only for upright positions to open The Bubble wider, for additional comfort.
- If you ordered a Comfort Spreader, the Bubble will hang from it using the 2 rings on the ends of the Bubble (See Comfort Spreader Instructions, Page 8)

## That's it! You're ready to go!

\* For wider doorways, use a reinforcement bar.

\*\* For higher doorways, measure up from floor and attach bracket top at 7'.



Fig. 1



Fig. 2

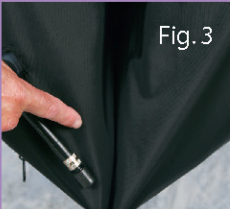


Fig. 3



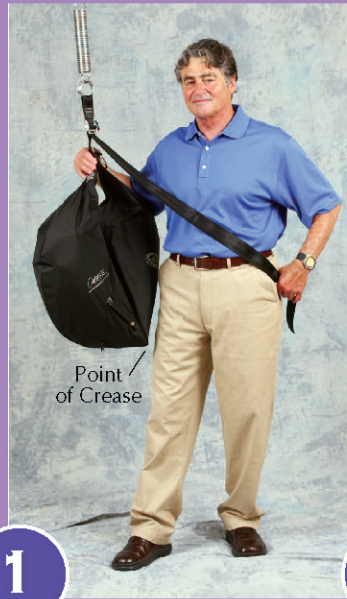
Fig. 4



Fig. 5

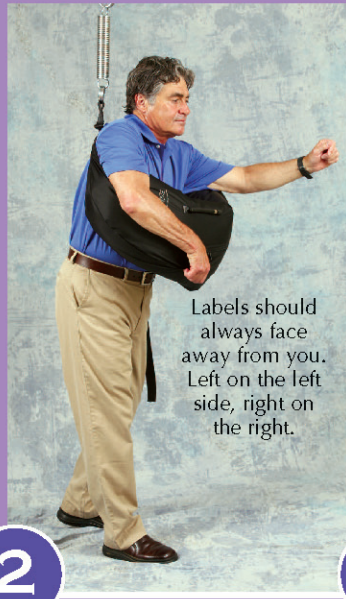


## Getting into the Back Bubble *(for the Basic Suspended Upright Positions)*



1

Adjust the height of the Bubble so the **point of the crease** is about mid-thigh.



2

Head and arms go through the Bubble.



3

Push Bubble down under your rib cage and center, the **crease** on your body.

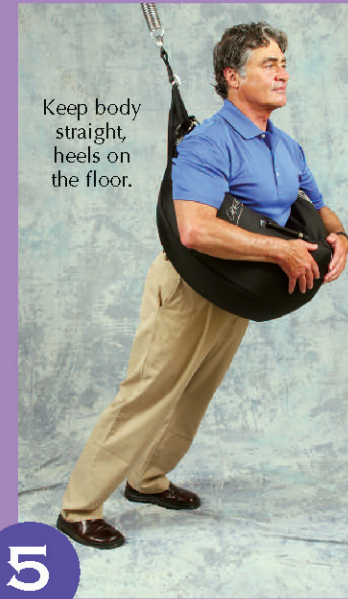


4

Take one step forward and lean out on the Bubble.

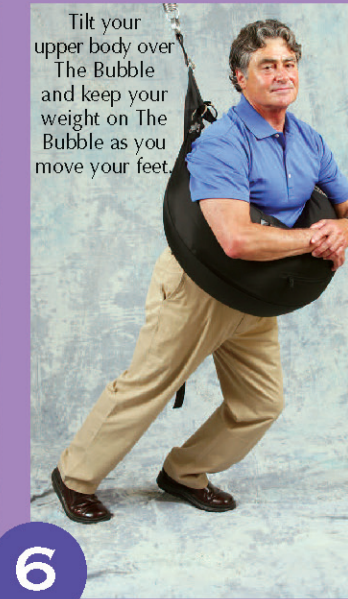
Labels should always face away from you. Left on the left side, right on the right.

## Leaning



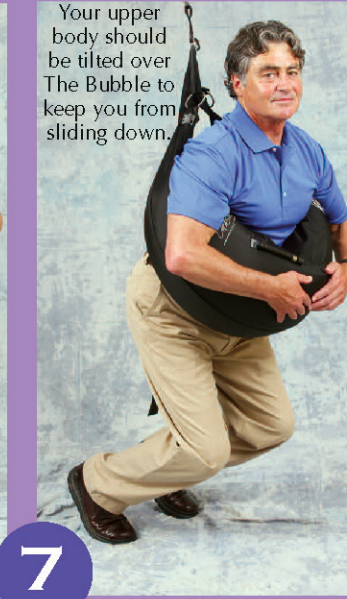
5

Move your foot back so you are leaning out on the Bubble. Keep your body straight, heels on the floor. Stay relaxed



6

Take 2 steps backward and bend your knees taking you down and backwards into a crouching position



7

Check your position. Hips should be above your knees, on balls of feet, feet under buttocks.



8

Move your feet around to see what feels best. 80% to 90% of your body weight should be on the Bubble

Keep body straight, heels on the floor.

Tilt your upper body over The Bubble and keep your weight on The Bubble as you move your feet.

Your upper body should be tilted over The Bubble to keep you from sliding down.

## Exiting the Back Bubble



9

Put feet back behind you, keep your weight on the Bubble and start walking forward with your feet.



10

Keep your weight on the Bubble as you walk forward.



11



12

Let the Bubble bring you to your feet gradually, and stand up.

## The 3 Basic Suspended Upright Positions



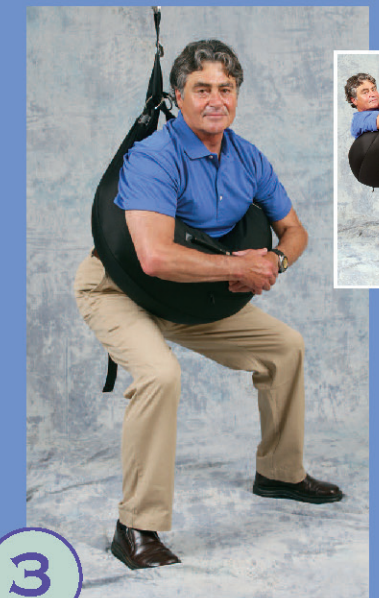
1

**LEANING**



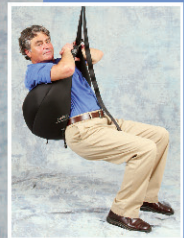
2

**CROUCHING**



3

**SITTING**



Alternate Sitting Position

**Tip:** Alternate positions or simply use the one that feels best, and is most comfortable.

**Tip:** Ribs are delicate, experiment where The Bubble touches you. And check out the Comfort Spreader on Page 8.

# THE BASIC SUSPENDED RECLINING POSITION

## The Basic Suspended Reclining Position



1 Set the height of the Bubble so the bottom is about 1" off the floor.



2 Put Bubble around the small of your back, so the valve is just behind your right buttocks.



3 Left & right labels face away from you and the metal rings are in front.

Grasping high & low, step under the spring and lower yourself gently down onto the Bubble.

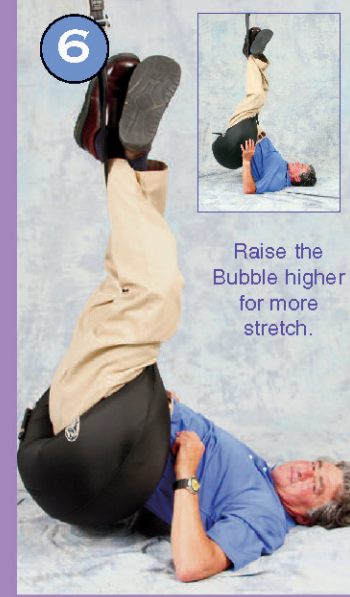


4 Lowering yourself onto the Bubble, make sure the Bubble stays on the crest of the hips.



5 Raise legs at the same time that you lay down to avoid extension.

Slide your hands down, and lay down so you can bring your feet up.



6 Raise the Bubble higher for more stretch.

Bring feet up and wrap around the strap. Keep knees slightly bent. Switch feet to see what feels best.



7 For added comfort, place a pillow under your head.

Pinpoint pain relief by reaching hand to where Bubble touches spine. Push Bubble gently to the most relieving spot.

*Tip: More significant problems hang lower to the floor.*

*Tip: For healthier backs - use caution & go slowly. Experiment with height & Bubble placement.*

# POSITION VARIATIONS

## Suspended Reclining Position with Chair



1 Set the height of the Bubble so the bottom is lightly touching the floor. Place sturdy chair 1 ft. away from free hanging Bubble.



2 Get into Bubble the same as in the suspended reclining position, but feet go on the edge of the chair.



3 Have knees fully bent and feet lightly on the front edge of the chair. The strap should be straight up and down. Pinpoint the relief by sliding the Bubble with your hands, the same as in reclining position (#7 above).

## Suspended Extension



Adjust the height of the Bubble until the bottom is about 6" off the floor. Put the Bubble around your lower back. Cinch it tightly with rings in front and lower your body while holding the strap. Extend as shown.

### Suspended Hands & Knees Position



**1** Set the height of the Bubble so the bottom is about 6" off the floor.

**2** Put the Bubble around you like the *upright positions* but low at the hips.

**3** Assume a hands & knees position with the Bubble low on your hips. Let some air out so you can push the Bubble lower.

**4** Move forward on hands & knees until the strap is tight. Lean forward & down onto your forearms. Keep knees bent and push forward with your toes.

### Kneeling Position



**1** Set the height of the Bubble so the underside is about 12" off the floor.

**2** Suspend yourself like in the Upright Position, but in a kneeling position.

**3** Stretch laterally as shown above.

**Tip:**  
Experiment with Bubble height.

### Exercises



**Hamstring Stretch:** Set height so point of crease is mid-thigh. Put Bubble around you as in *upright position* and do the hamstring stretch, as shown.

**Aligning:** While twisting your hips push one side of the Bubble and pull the other side.

**Hamstring Stretch:** Keep one foot on the strap straightening the knee and drop the other foot toward the floor.

**Crunches:** With Bubble height set 1" off the floor, do sit up exercises with feet up on the strap.

### Assembling the Comfort Spreader

The Back Bubble Comfort Spreader is generally used in the upright positions to open The Bubble wider for additional comfort and is an optional attachment. Use the directions below to properly install.



**1** Lift the bottom of the buckle up so it is parallel to the floor and pull the webbing strap that is attached to the Bubble downward, all the way out.

**2** Stand with "The Original Back Bubble" label facing you. Send the end of the webbing strap attached to the Spreader from the back side of the buckle through the opening towards you.

**3** Push the bumpy metal roller up with your thumb firmly, to make an opening. Send the webbing strap down, under it.



**4** Adjust the Spreader up to hang Bubble. Follow height setting instruction #1 on page 3 for using the Bubble in Upright Positions.

**5** To hang the Back Bubble on the Comfort Spreader, pull the long webbing out of the ring on the other end and let it hang down.

**6** Hang the rings on either end of the Comfort Spreader. Remember labels face outside. Make sure the Spreader is balanced.

# Reassembling Your Back Bubble

If for some reason you disassemble your Back Bubble, follow these instructions to reassemble.



Take the long webbing strap and pull through the chrome ring on the other end. Extra chrome ring should hang free, ignore it.



With Back Bubble label facing you, grasp the buckle and pull the webbing strap from back to front through the opening.



Push the metal roller at the bottom of the buckle up firmly and create an opening. Send the webbing strap downward, under it.



**Tip:** Labels should always be on top and face away from you when you hang on The Bubble. Left on the left side, right on the right.

## For Best Results

- In the upright positions hang with your upper body tilted over The Bubble and experiment with where it touches you.
- Adjust the air pressure for your own comfort needs.
- Use 1 to 5 times daily, for 2 to 20 minutes and build your time gradually.
- Consistency is the key to success. Occasional use will give fast relief, but using The Back Bubble regularly will give the best, long lasting results.
- Consider using The Back Bubble before bedtime. It is always a good idea to lie down after use.
- Drink plenty of fluids. This hydrates your lower back and speeds the healing cycle.



# Our Help Hotline is 1-800-457-7246

**Locate Your Pain** \_\_\_\_\_  
(A, B, C, D, E, F or combination)

**Scale Your Pain** \_\_\_\_\_  
(1 = mild, 10 = extreme)

**ALWAYS BEGIN WITH THE BASIC SUSPENDED UPRIGHT POSITIONS**  
**USE THE BASIC SUSPENDED UPRIGHT POSITIONS FOR:**

- Pain that is 7 or over in any area (A-F)
- Pain symptoms above 2 in area B,C,D, E and/or F
- Tingling, numbness or weakness in any area
- Fresh injury (within 3 weeks)
- Lower back intense muscle spasms
- Degenerative Disc Disease
- Herniated discs with sciatica

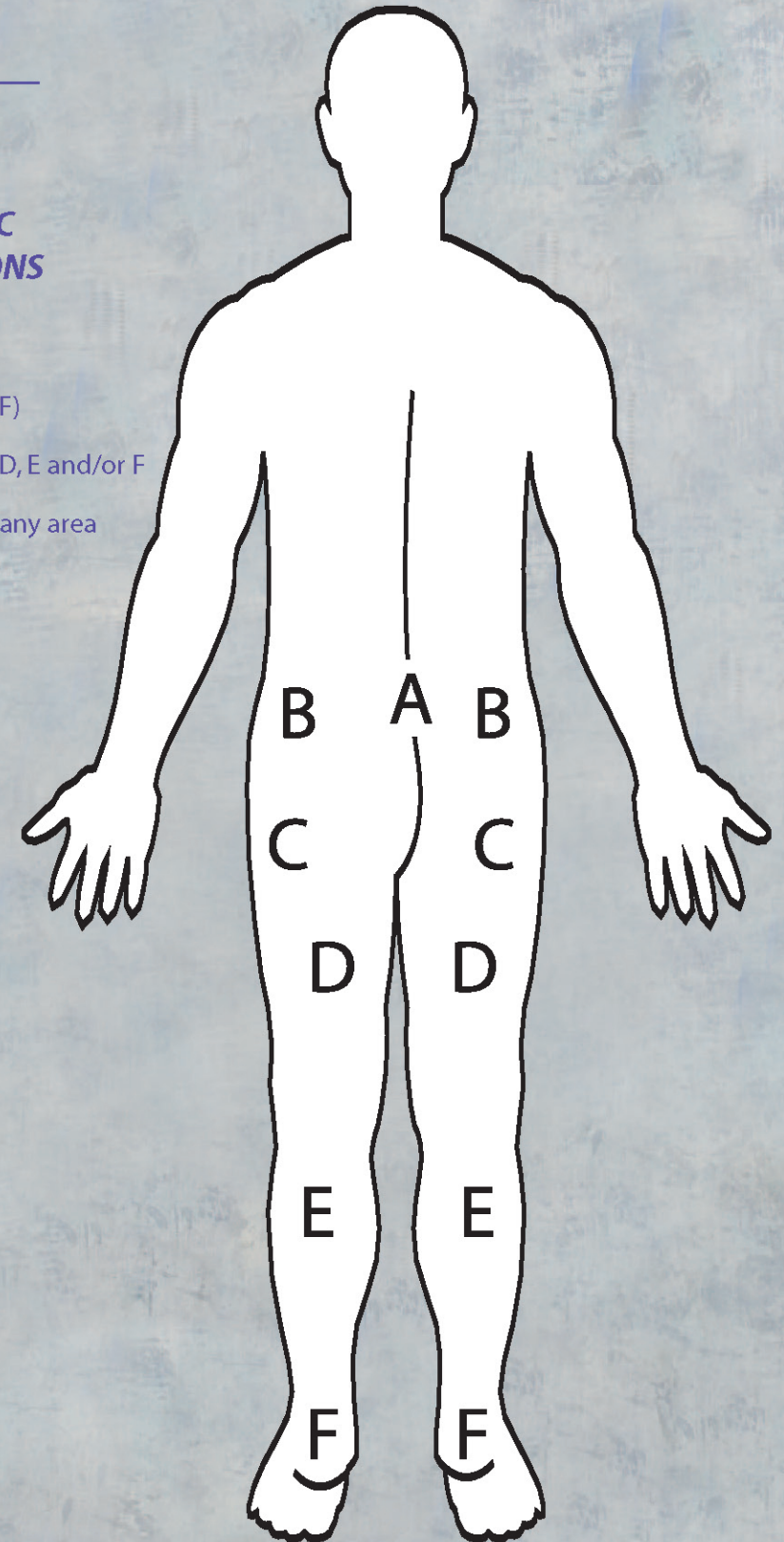
**USE THE BASIC SUSPENDED RECLINING POSITION FOR:**

- Pain 6 or lower in area A only with little or no symptoms in any other area

**Tip:** Use these guidelines until your symptoms are substantially reduced, and then use the position that feels the best.



**Tip:** Significant problems may want to stay with the Basic Suspended Upright Position.



# Insurance Reimbursement

**Step One.** First determine that you have a history of lower back pain with your insurance company. This comes with the medical treatments that they have paid for to help relieve your lower back pain. Your doctor keeps a record of your office visits and so does your insurer.

**Step Two.** Take our brochure and video to the doctor who treats you for your lower back pain. Tell your doctor that the Bubble relieves your pain at home, between office visits. Ask for a Letter of Medical Necessity that states that your doctor recommends you have the Back Bubble at home to help you relieve your chronic or intractable lower back pain. It is important that the doctor explains that the relief you are getting with the Back Bubble at home will help to minimize expensive lifetime care. Your doctor should state that he/she recommends that your insurer purchase the Back Bubble for you.

**Step Three.** Call your insurer and tell them you are submitting the Letter of Medical Necessity along with the invoice that shows you have paid for the Back Bubble. Let them know you are expecting reimbursement.

**Note:** You pay for medical insurance, and the Back Bubble is durable medical equipment that has been prescribed for your use by your doctor. BE PERSISTENT. You may have to call your insurer a few times. Simply let them know that purchasing the Back Bubble will help you and save them money. They're cautious, but they'll respect the facts. Be persistent!

## Business Opportunity

Have you ever thought about working for yourself? If you are impressed with the way the Back Bubble works, you might like to share the Back Bubble with a friend who has lower back problems. Let your friend use your Back Bubble or, if your friend lives out of town, we'll mail a video that shows the Back Bubble in action. All you have to do is call our toll free number (1-800-457-7246) and we'll do the rest.

For every friend you have that buys the Back Bubble and loves it, we will send you \$50.

Later, for those who are interested, we will be selling business opportunities whereby you can work your own shows, hold your own seminars and have the Back Bubble brochures in doctors' offices generating clients for you in your neighborhood. Geographic territories will be protected.

We supply thorough training, brochures, starting inventory, and web site leads in your area.

**Call us for details at 1-800-457-7246**



**P.O. Box 1285 Solana Beach, CA 92075 1-800-457-7246**