



Spinal Decompression Therapy involves stretching the spine, using a grip table or similar aerodynamic device, with the goal of relieving back pain and/or leg.

As the spinal decompression machine stretches your spine, it creates a negative pressure within the disk, which creates a vacuum effect that pulls the leaking disc .

Spinal traction extends the spine to take off pressure compressed discs. This straightens the spine and enhances the body's ability to cure itself .

There are numerous great whole body extending machines which you can get for yourself.

The Stretch Partner is a distinctive stretching machine which gives you deep, full-body extending, while ensuring proper body positioning and extending technique.

Total Body Stretching Machines: There are lots of commercial stretching machines which can help you stretch out and decompress your back, legs, and much more.

One for a whole body stretch and [follow this link](#) yet another for specifically leg stretching.

Leg stretch machine is very good for any sport or just maintaining your flexibility. In the seated position, put each leg in its own extension arm.

Devices like leg stretchers or stretching machines that have been designed for the entire body help to gently extend muscles into a useful condition of flexibility.

ProFlex Stretch is the best home Stretching Machine available. A whole body stretching machine that helps alleviate back pain, leg tension, and more.

The Safest and Best Hamstring Stretcher with no partner! IdealStretch is the reply to making stretching simpler to perform every day, to boost muscle.

Stretching machines like the Precor 240i StretchTrainers represent a sort of machine that targets broader regions of the body including the hips, hamstrings.

Your hamstrings are the large muscle group in the rear of your thigh which are usually...

Exercise machines can help stretch and strengthen your own nerves.