

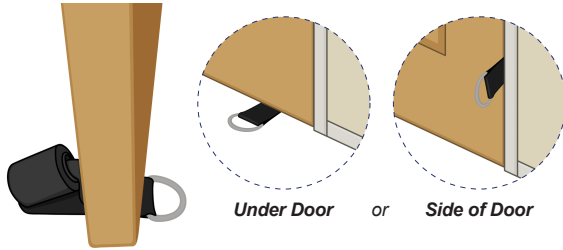
DISCFORCE™



Home Spinal Decompression with Real-Time Force Feedback

Instructions for Use

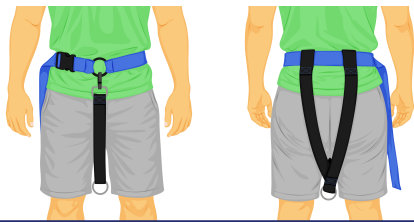
- 1 Secure the Door Anchor:** Place the round foam door anchor behind a **closed door**. It may be positioned either: Behind the door on the floor, or on the side of the door at floor level. Close the door firmly to secure the anchor. The metal door-anchor clip should remain visible.



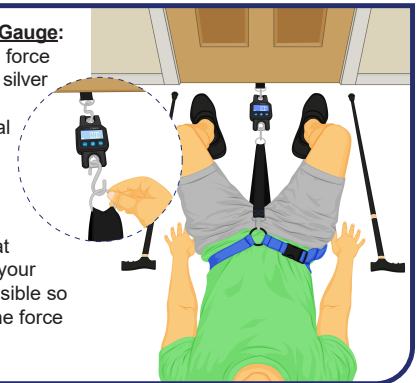
- 2 Connect the Force Gauge:** Attach the top of the Bluetooth force gauge to the door anchor using the metal S-hook as shown. Attach the second S-hook to the bottom of the gauge. Turn on the force gauge. Open the DiscForce app on your phone and it will connect to the force gauge. Set the units to Kg or lbs on the app itself. The app will display the current force value in real time. Force gauge must be set to Kg mode for phone app to work correctly.



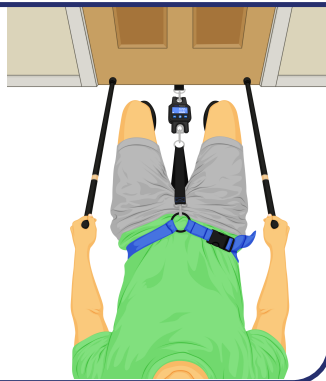
- 3 Fit the Belt Harness:** Attach the blue belt harness snugly around your hips using the buckle. Center the black metal ring at the front of your body, just below the belly button. Bring the metal clip (at the end of the black tension belt) between your legs and attach it to the black ring. The black belts on your back should be centered and spaced approximately 6 inches apart. The blue belt should feel secure but not restrictive.



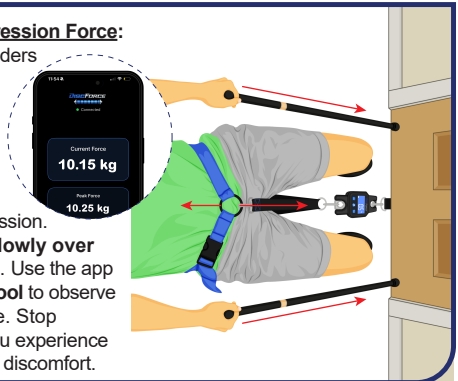
- 4 Attach to the Force Gauge:** Sit down close to the force gauge and attach the silver metal ring on the black belt to the metal S-hook on the force gauge. Slowly move backward until light tension is felt in the belt, then lie down flat on your back. Place your phone somewhere visible so you can easily see the force value during use.



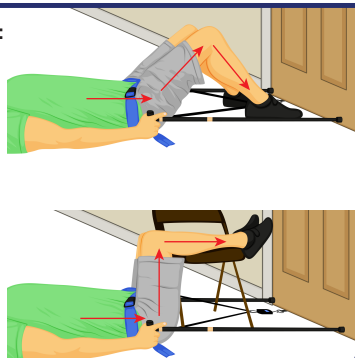
- 5 Position the Adjustable Poles:** Hold one adjustable pole in each hand by the handle. Place the rubber foot of each pole against the door. Adjust the pole length so your hands rest comfortably near your waist with elbows slightly bent.



- 6 Apply Decompression Force:** Using your shoulders and arms, gently push the poles into the door. This will place tension into the belt and create spinal decompression. Increase force **slowly over 10–30 seconds**. Use the app as a **reference tool** to observe the applied force. Stop immediately if you experience pain, irritation, or discomfort.



- 7 Modify Hip Angle (Optional):** Different hip positions may change how decompression feels. Options include: Legs straight, knees bent with feet on the floor, or knees and legs supported on a chair (90-90 position). The 90-90 position may feel similar to professional decompression tables and may provide additional comfort for some users.



- 8 Duration & Consistency:**

- Begin with **5–10 minutes** for early sessions.
- Gradually increase up to **10–30 minutes**, based on comfort.
- Only apply as much force as feels comfortable.
- There is **no correct force value** — use the displayed force as a consistency reference for future sessions.
- Always apply force slowly and smoothly.
- Avoid sudden or jerky movements at all times.

First Session Tip:

Start with lower force and shorter duration. Many users find comfort improves over multiple sessions.

IMPORTANT SAFETY INFORMATION: DiscForce is intended for general wellness and personal use only. DiscForce is not a medical device and does not diagnose or treat medical conditions. Do not use DiscForce if you have severe osteoporosis, spinal fracture, recent spinal surgery, or if traction has been advised against by a medical professional. Stop immediately if pain, numbness, tingling, or discomfort increases. Always apply force slowly and smoothly.