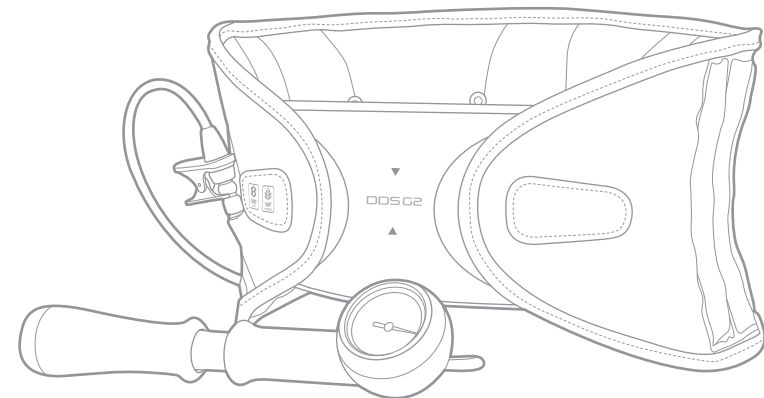


# DDSG2

## User Manual

Please read this entire manual before using.



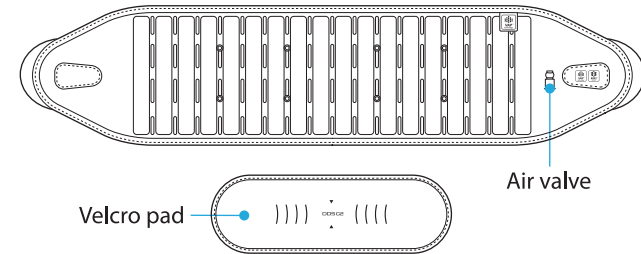
## Contents

What's Inside the Box	3
How it Works	4
Size Chart	5
How to Wear	6
How to Wear	7
Effective Use & Washing	8
Contraindications & Precautions	9
Warranty	10

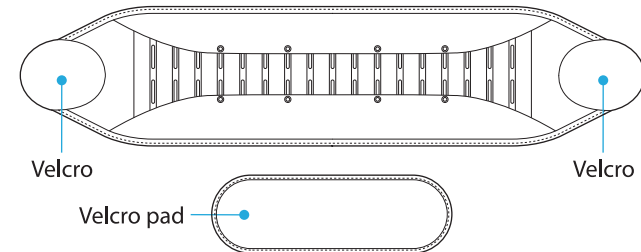
## What's Inside the Box

### Decompression Belt

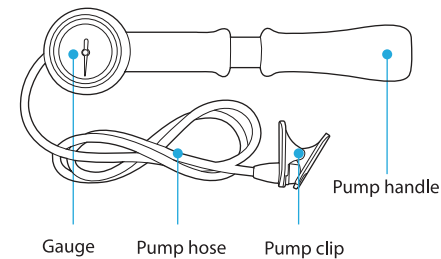
(Front)



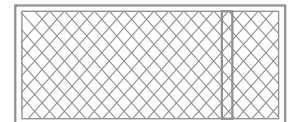
(Back)



### Hand pump



### Laundry Bag

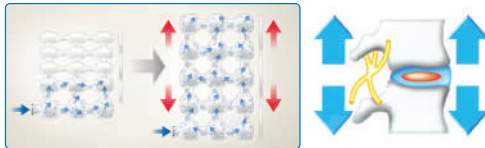


## What It Is & How It Works

**DDS** is thin, lightweight and easy to use; it offers a high degree of mobility, alleviating, treating and preventing back pain. It can be discreetly worn under clothing allowing you to perform daily activities such as driving, walking and standing for long periods of time, and enabling those with an active lifestyle to work, enjoy sports and other leisure activities pain-free.

**DDS** acts to provide traction between the lower part of the rib cage and the upper part of the hip effectively reducing pressure in the lumbar spine. The vertically expandable columns create a virtual support beam providing spinal decompression for the lumbar vertebrae successfully eliminating lower back and radiating pain.

VAP™ Technology delivers high vertical air pressure to create traction in the affected area and to protect the vertebrae against gravity.



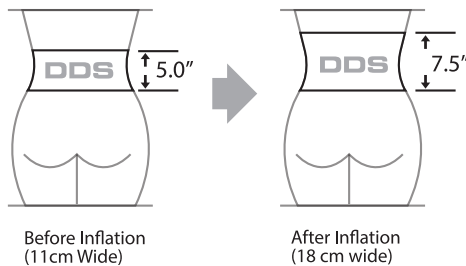
### Before Treatment

Pain is caused by applied pressure from the herniated or bulging intervertebral disc, or nucleus pulposus.

### After Treatment

DDS alleviates pain and assists active-rehabilitation by allowing the intervertebral disc, or nucleus pulposus, back to its natural position. By increasing the intervertebral space, pressure applied on the nerve root is relieved naturally reducing pain.

### EXPANSION MECHANISM



*The traction belt is vertically expanded by approximately 7cm (2.5"), thereby helping to increase the space between intervertebral discs.*

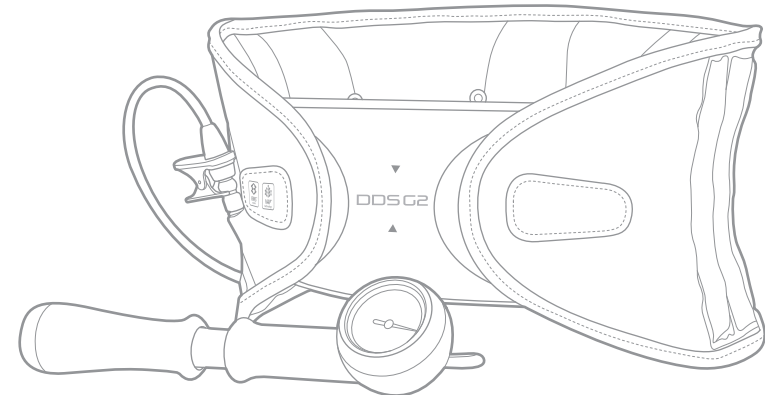
**Important :** Read all the instructions and precautions before using DDS.

## Size Chart

### • Size Chart

Size	Recommended Size Unit: [inch]
S	[27-33]
M	[34-38]
L	[39-43]
XL	[44-49]
2XL	[50-55]
3XL	[56-60]

### • Measure around the navel

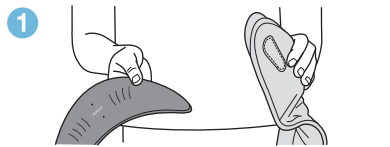

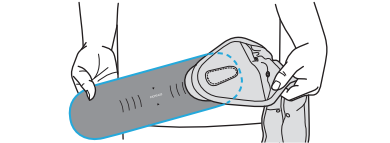
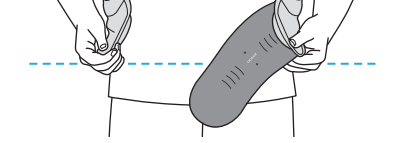
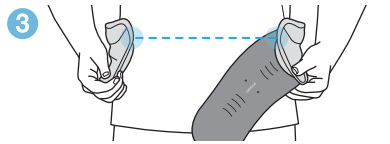



## How to Wear

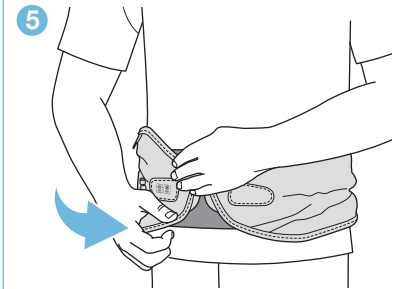
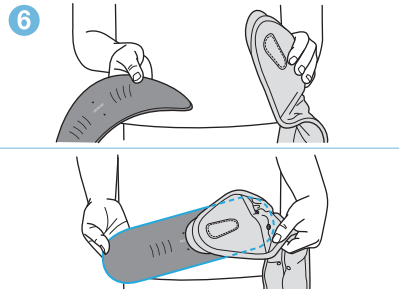
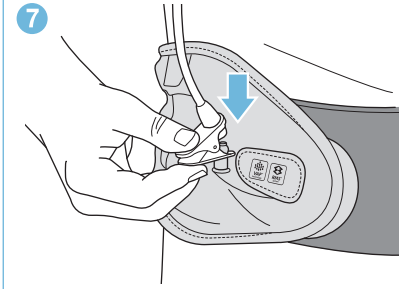
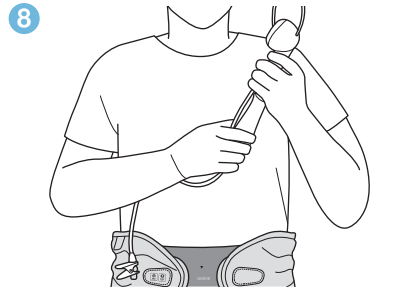
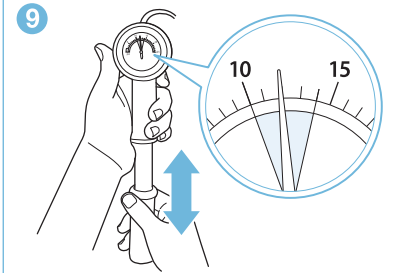
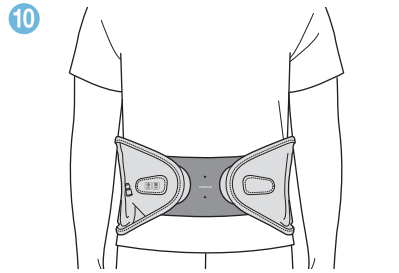
### • Before wearing the product

- Check whether there is any air left inside the belt before you wear it. If there is any residual air, turn the air valve counterclockwise to drain the air. Turn the air valve in the opposite direction, clockwise, to lock the valve.

### • How to wear the belt

	
	
<p>Attach velcro pad to the belt as shown.</p>	<p>Position the belt on both sides at the bottom and bring it to your waist, right above your pelvis.</p>
	
<p>Make sure you have equal lengths of the belt on both your left and right sides, with your body in the middle.</p>	<p>Keep the belt fixed with your right hand. Using your left hand, bring the Velcro pad above your abdomen.</p>

## How to Wear

	
<p>Bring the part you are holding in your right hand over the Velcro pad to attach the two ends of the belt.</p>	<p>Adjust the location of the Velcro Pad for a secure connection.</p>
	
<p>To attach the handheld pump, hold down the clamp to fix it to the air valve.</p>	<p>Hold the handheld pump as shown in the illustration and look at the air pressure gauge.</p>
	
<p>Move the handle of the pump up and down to inject air (appropriate levels: 10 to 14 PSI). *Air-insert pressure should never overpass 14PSI.</p>	<p>After injecting air, hold down the clamp of the pump to remove it from the air valve. (Removing the handheld pump from the valve may induce the sound of some air escaping, but this is normal.)</p>

## Recommendations for Effective Use

- Wear 5-6 hours daily in 2 hour intervals (2 hours on, 2 hours off & repeat). DDS is more effective while standing.
- DDS can be worn to prevent as well as alleviate back pain. Use DDS when performing tasks that produce stress on the lower back.
- In case of increased pain, reduce wearing DDS to 2-3 hours a day. If further pain persists, seek consultation from your physician.
- Apply a hot pack before using your DDS Belt to promote muscle relaxation and to soften disc and soft tissue.
- Adjust according to your body type. You may obtain greater traction by adjusting the brace higher or lower on your abdomen.
- DDS may be worn directly on your skin or over a thin cotton t-shirt. If allergies persist, consult a physician.

## Washing

### Machine Wash

- Deflate device completely and turn the air release nozzle clockwise to shut tightly. Water MUST NOT enter the device.
- Place DDS in the included mesh laundry bag to prevent damage.
- Use neutral detergent and select a light cycle.
- Air dry in the shade. Only use when completely dry.

### Hand Wash

- Inject about 5 PSI of air in the product first.
- Turn the screw on the air valve clockwise to lock the valve and prevent water from getting inside.
- Dilute a neutral detergent in water and submerge the product in it.
- Rub the belt gently with a soft sponge underwater.
- Afterward, remove excess water from the belt using a dry towel.
- Let it dry in shade.
- Do not wash it often.
- Excessive and frequent washing may shorten the product's life cycle.
- Avoid wringing the product by either hand or machine.
- Avoid using any chemical on the product other than neutral detergents.

## Contraindications

- Patients with any of the following health conditions should notify their physicians before administering DDS:
  - Abdominal or chest compression
  - Cardiovascular diseases: uncontrolled hypertension, Aortic aneurysm, congestive heart failure
  - Cerebrovascular diseases
  - Major spinal surgery
- Do not use if pregnant.

## Precautions

- Do not exceed 15 PSI while inflating DDS with the Hand Air Pump.
- Handle with care; dropping the Hand Air Pump can result in malfunction.
- Do not place sharp objects near the DDS Belt.
- Shut the air valve tightly before machine wash. Water must not enter the Device. For more information regarding washing your DDS Belt see page 8.

## Warranty

### Limited 1 Year Warranty

DDS, Inc. will repair or replace the unit free of charge for a 1 year period from the date of purchase. The warranty is covered only if the device is defective in workmanship or materials.

To obtain service under this warranty, please mail the warranty card at the time of purchase. You may then return the defective product to the service center on the warranty card, together with your purchase receipt and \$5.00 postage and handling. In the absence of a purchase receipt, an invoice must to be produced from the seller. This warranty does not apply for any misuse and/or deliberate mishandling of our products.

Any implied warranty, obligations or liabilities, including but not limited to the implied warranty of merchantability fitness for a particular purpose, shall be limited in duration to the 1 year duration of this written, limited warranty. Some states do not allow limitations on how long an implied warranty lasts, so the limitations may not apply to you.

In no event shall DDS be liable for special, incidental or consequential damages for breach of any other warranty, express or implied whatsoever. Some states do not allow the exclusion and the limitation may not apply to you.

This warranty gives you specific legal rights. These rights may vary according to your state law.



## Registration/Warranty Card

FIRST NAME : \_\_\_\_\_ MI: \_\_\_\_\_ LAST: \_\_\_\_\_

ADDRESS 1 : \_\_\_\_\_

ADDRESS 2 : \_\_\_\_\_

CITY : \_\_\_\_\_ STATE : \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (DAY) : \_\_\_\_\_ (EVENING) \_\_\_\_\_

### PRODUCT INFORMATION

DATE OF PURCHASE: \_\_\_\_\_

DDS MODEL :  
**DDSG2**

HOW DID YOU BECOME AWARE OF DDS?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MAIL TO SERVICE CENTER :

**DDS, INC.**  
100 Commerce Way, Suite 5  
Hackensack, NJ 07601 U.S.A.