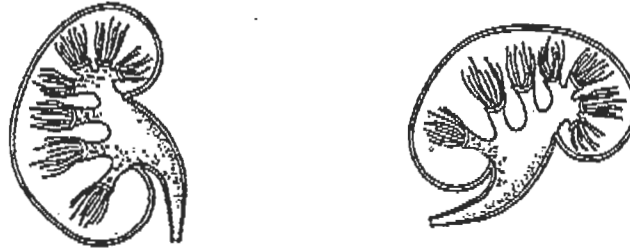


## INVERSION THERAPY

Extracorporeal Shock Wave Lithotripsy or ESWL pulverizes kidney stones to the size of dust or tiny gravel. This dust or tiny gravel will pass through the urinary tract during the process of urination. Sometimes, these particles will settle in the dependent portions of the kidney. The technique described below uses gravity to help facilitate the passing of these particles.



### INFORMATION

This technique involves drinking water and positioning your body in a specific manner for a certain length of time.

Start this technique 1 to 2 days after your ESWL treatment or when you feel recovered from your anesthesia.

Use this technique in the morning and in the evening for 5 to 7 days or longer as recommended by your physician.

While sleeping or when lying down, lay with your treated kidney up for 5 to 7 days.

When lying down, have family member gently tap treated area. (If both of your kidneys were treated then you just alternate sides)

To use this technique you will need a weight-bearing item such as an ironing board, table leaf or exercise board to create a 30 to 45 degree angle your body can rest on.

### INSTRUCTIONS

Step 1. Drink 2 (8oz.) glasses of water.

Step 2. Wait 30 minutes.

Step 3. Lie down on your board, which is at a 30 to 45 degree angle.

Head down and face down for 10 to 30 minutes (If dizzy/lightheaded -STOP)

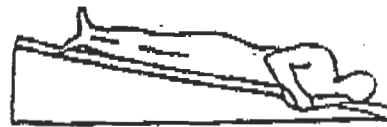
Step 4. Now lie head down and face down with your treated kidney up for 10 to 30 minutes (If dizzy/lightheaded - STOP)

If both your kidneys were treated then alternate sides.

Step 5. Get back to upright position and drink 1 (8oz.) glass of water.



Lay Face Down 10 to 30 Minutes



Lay Treated Kidney Up For 10 to 30