

# USER MANUAL

## DDS 300

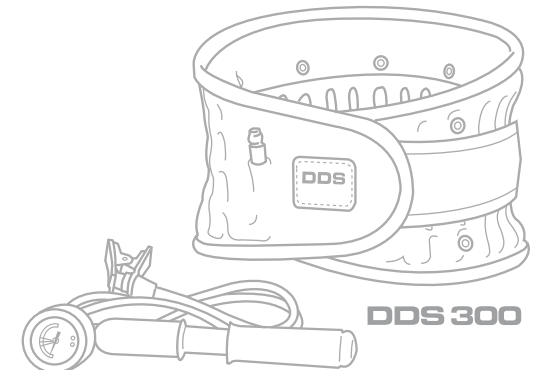


Ambulatory Spinal-Air Decompression

Thank you for choosing DDS  
and welcome to an enjoyable life,  
free from back pain.

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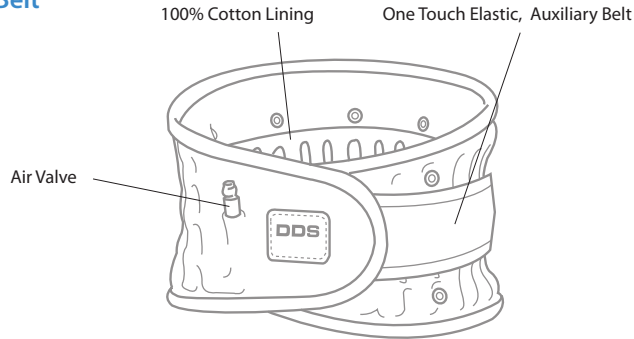
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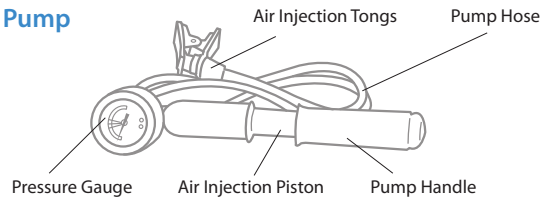
# What's Inside the Box

- **Belt:** Primary Velcro Enclosure, Secondary Velcro Strap, Supplemental Velcro Strap, Air Valve
- **Hand Air Pump**
- **Laundry Bag + Instruction Manual**

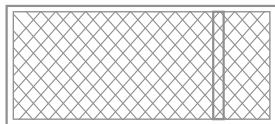
## DDS Belt



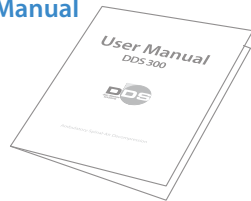
## Hand Air Pump



## Laundry Bag



## User Manual



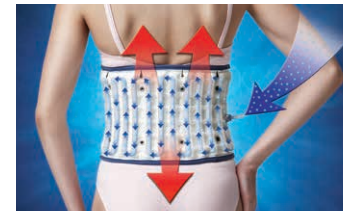
**Important:** Read all the instructions and precautions before using DDS.

# What it is & How it Works

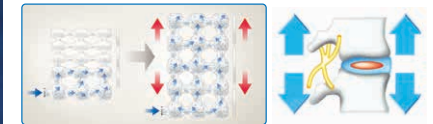
**DDS** is thin, lightweight and easy to use; it offers a high degree of mobility, alleviating, treating and preventing back pain. It can be discreetly worn under clothing allowing you to perform daily activities such as driving, walking and standing for long periods of time, and enabling those with 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™ Vertical Air Pressure Technology



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



Our uniquely designed air cells evenly distribute air pressure effectively increasing the intervertebral disc space.

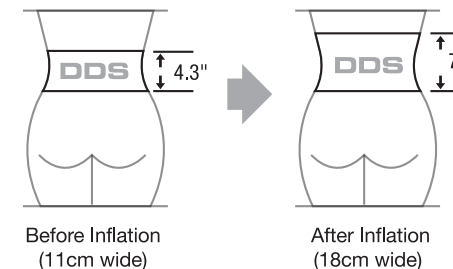
### Before Treatment

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 (2.8"), thereby helping to increase the space between intervertebral discs.*

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

## Features of DDS

- 1 Treatment for bulging and herniated discs. Helps eliminate lower back and radiating pain in the hips, thighs, legs and/or feet. Bulging and herniated discs are reduced by elongating the intervertebral spaces in the lumbar spine.
- 2 Relaxes muscle spasms, muscles cramps, strain and pain.
- 3 Helps treat degenerative disc disease, spinal stenosis, sciatica and spondylolysis.
- 4 Helps maintain proper posture. Improper posture places the upper body weight directly on the discs and causes back pain.
- 5 Assists individuals with strenuous jobs requiring heavy lifting or long hours of driving.
- 6 Can be worn discreetly under clothing.
- 7 Very lightweight, comfortable and allows nearly a full range of motion.
- 8 Made of highly durable, 100% soft cotton material.
- 9 Simple to use.

## Contraindications

- 1 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
  - severe osteoporosis
  - tumor near lumbar region
- 2 Do not use if pregnant.

## Precautions

- 1 Do not exceed 15 psi while inflating DDS with the Hand Air Pump.
- 2 Handle with care; dropping the Hand Air Pump can result in malfunction.
- 3 Do not place sharp objects near the DDS Belt.
- 4 Shut the air valve tightly before machine wash. Water must not enter the Device. For more information regarding washing your DDS Belt proceed to page 10.

**Warning:** Failure to follow precautions may lead to injury or malfunction of the product.

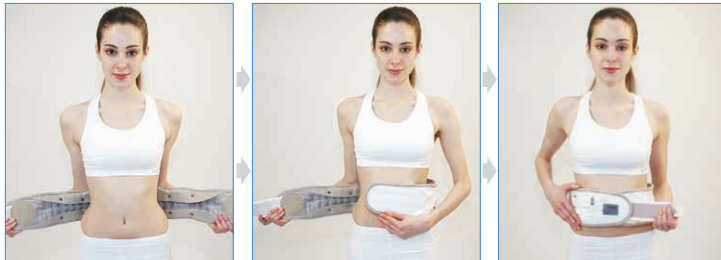
# How to Wear

**Important:** Selecting the appropriate size is necessary. Measure around the abdomen or umbilical region for an accurate measurement.

- 1 Deflate the device by turning the Air Valve counterclockwise. Upon complete deflation, turn the Air Valve clockwise until the Valve is fully locked.



- 2 Wrap the device around the abdomen with the DDS logo in the center and upright position, attaching first the Primary Velcro Enclosure.



- 3 Proceed to tightly fasten the Secondary Velcro Strap. The Belt should rest precisely between your hip/pelvic bone and your ribcage.



**Important:** The device should be close-fitting, secure and comfortable.

- 4 Connect the Hand Air Pump to the Air Valve. Make sure to connect the air injection tongs exactly with the Air Valve.



- 5 Proceed to use the Hand Air Pump to inflate the belt until the gauge reaches the green-orange area (10-14 psi) on the Hand Air Pump indicator.



**VAP™ Vertical Air Pressure Technology**

**Warning:** Do not exceed pumping to the red area.

**Removing DDS:** You MUST release the air completely out of the device before removal. You can do so by unscrewing the Air Valve.

## Recommendations for Effective Use

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

## Washing

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

Mesh Laundry Bag



## 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 below, together with your purchase receipt and \$5.00 postage and handling. In the absence of a purchase receipt, an invoice has 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 any special, incidental or consequential damages for breach of any other warranty, expressed 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 laws.