

Practical Benefits

Portable: It is lightweight and easy to carry, this means it can be used anywhere anytime

Compact: It is easy to store or just leave it out ready to use

Unobtrusive: No long exercise program, it takes just 2 to 3 minutes a time

Simple: So easy to use there is no assistance required

Control: You are in complete control, being able to regulate the amount of stretch or instantly release it, as you want

Versatile: The Nubax® Trio is designed to accommodate a large variation in body shape

Economic: There are no ongoing costs

Therapeutic Benefits

Gentle, Relaxed: The Nubax® Trio provides a static yet strong traction. This means no uncomfortable after effects from treatment

Drug Free Pain Relief: The Nubax® Trio is a completely natural form of therapy

Reduced Risk: As the body is not inverted, traction is safely applied utilising the user's own bodyweight, therefore substantially minimising any adverse effects.

Correct Alignment: Holds shoulders and hips in correct alignment to the spine

Maintenance: Excellent maintenance for the back and spine. Helps prevent the reoccurrence of existing conditions

Preventative: Used regularly as part of an existing exercise or training program the Nubax® Trio assists in the prevention of various back problems occurring

How often should I use it?

It is important that you are comfortable when using the Nubax® Trio. The more relaxed you are the more effective it is. So start off slowly and build up to a frequency and duration that suits you best. Our general recommendation is 2 to 3 times per day, for 2 to 3 minutes at a time.

The best times are first thing in the morning, some time during the day, perhaps after work, and the last thing before retiring for the night.

What conditions are the Nubax® Trio suitable for?

The Nubax® Trio can be used for a wide variety of conditions, where traction has been prescribed or recommended by your health care professional.

Is it any good for the upper back?

The Nubax® Trio is most effective in the lower and mid back areas, and is least effective from the T4 (middle of the shoulder blades) and above.

Is the Nubax® Trio recommended or endorsed by any medical body?

The Nubax® Trio is used by Physiotherapists, Chiropractors and other medical practitioners and is listed with the TGA (Therapeutic Goods Administration of Australia)

