Dr Ho's 2-in-1 Decompression Belt

Dr Ho's 2-in-1 Decompression Belt Essential Package - Instruction Manual

For Lower Back Pain Relief and Lumbar Support

Product Overview

The Dr Ho's 2-in-1 Decompression Belt is designed to provide relief for lower back pain and offer lumbar support. It functions by decompressing lower back joints and spinal discs, lifting upper body weight off the lower back, and stabilizing the lumbar region to improve posture. It also helps to stretch and relieve tight lower back muscles, reducing stiffness.



This image shows the Dr Ho's 2-in-1 Decompression Belt in a light beige color, with the manual hand pump lying in front of it. The belt features a central logo that reads 'DR-HO'S BACK BELT'.

Key Features:

- Decompresses lower back joints and spinal discs.
- Lifts upper body weight off the lower back.
- Stabilizes the lower back and improves posture.
- Stretches and relieves tight lower back muscles, pain, and stiffness.
- Available in Size A (25" - 41" circumference) and Size B (42" - 55" circumference).

Setup

Proper setup of your Dr Ho's Decompression Belt is crucial for effective use and comfort. Please follow these steps carefully:

1. **Measure Your Waist:** Before using, ensure you have the correct size belt. Measure your lower back circumference. Size A is for 25" - 41" and Size B is for 42" - 55".
2. **Position the Belt:** Wrap the belt around your lower back, ensuring the DR-HO'S logo is centered in the front. The belt should sit comfortably around your waist, just above your hips.
3. **Secure the Belt:** Fasten the belt snugly using the Velcro closures. It should be tight enough to provide support but not uncomfortably restrictive.
4. **Attach the Hand Pump:** Locate the air valve on the side of the belt. Connect the manual hand pump to this valve. Ensure a secure connection to prevent air leakage during inflation.

Operating Instructions

Once the belt is properly set up, you can begin the decompression process. The belt can be used while sitting, walking, driving, or engaging in light activities.

1. **Inflate the Belt:** With the hand pump attached, begin to pump air into the belt. You will feel the belt expand vertically, gently stretching your lower back. Pump until you feel a comfortable stretch and decompression. Do not over-inflate to the point of discomfort or pain.
2. **Duration of Use:** It is recommended to use the belt for 20-30 minutes per session, 2-3 times a day, or as advised by a healthcare professional. You can adjust the inflation level during use to maintain comfort.
3. **Deflate the Belt:** To deflate, detach the hand pump and press the air release button or valve on the belt. Allow all air to escape before removing the belt.
4. **As a Support Belt:** The belt can also be worn deflated as a regular lumbar support belt for daily activities, providing stability and improving posture without active decompression.

Maintenance

To ensure the longevity and effectiveness of your Dr Ho's Decompression Belt, follow these maintenance guidelines:

- **Cleaning:** Wipe the belt clean with a damp cloth and mild soap. Do not submerge the belt in water or machine wash it. Allow it to air dry completely before storage.
- **Storage:** Store the belt in a cool, dry place away from direct sunlight and extreme temperatures. Ensure it is fully deflated before folding or storing in its travel bag.
- **Inspect Regularly:** Periodically check the belt and pump for any signs of wear, damage, or air leaks. If any damage

is found, discontinue use and refer to the troubleshooting section or contact customer support.

Troubleshooting

If you encounter any issues with your Dr Ho's Decompression Belt, please refer to the following common problems and their solutions:

Problem	Possible Cause	Solution
Belt does not inflate or deflates quickly.	Loose pump connection, damaged valve, or air leak in the belt.	Ensure the hand pump is securely attached to the valve. Check the valve for any debris or damage. Inspect the belt for any punctures or tears. If a leak is suspected, contact customer support.
Hand pump is difficult to operate.	Pump mechanism issue or debris.	Ensure the pump hose is not kinked. Check for any obstructions in the pump's air intake or output. If the issue persists, the pump may be defective and require replacement.
Belt feels uncomfortable when inflated.	Over-inflation or incorrect positioning.	Release some air until a comfortable level of decompression is achieved. Ensure the belt is positioned correctly around your lower back, not too high or too low.

Specifications

Product Dimensions: 13 x 10.5 x 4.5 inches; 9.28 ounces

Manufacturer: DR-HO'S

ASIN: B010OVFSTW

Size: 1 Count (Pack of 1) - Size A (25-41 Inches)

Specific Uses For Product: Lumbar Support, Pain Relief

Use for: Whole Body

Age Range (Description): Unisex

Warranty and Support

Warranty Information: A 1-year warranty is provided when you purchase directly from the Official DR-HO'S Amazon account. This warranty excludes any accessories included within the packages (small gel pads, large gel pads, pain therapy back relief belt, circulation promoting foot pads, magic heat pad, instructional DVD, travel bag, manual hand pump).
For further assistance, product inquiries, or warranty claims, please contact DR-HO'S customer support through their official channels or visit the Dr Ho's Store on Amazon.

Important Safety Information

Indications:

- Herniated / Bulging discs
- Lumbar acute / chronic sprain
- Spondylolysis and spondylolisthesis
- Compression fracture in the lumbar region

- Failed surgery syndrome
- Low back pain due to physical and/or physiological conditions
- Strenuous jobs requiring heavy lifting and/or long hours driving
- Degenerative disc disease
- Spinal stenosis
- Sciatica
- Congenital weakness in waist

Legal Disclaimer:

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

© 2023 Dr Ho's. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question