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# User Guide

The Trekke® Lumbar Lift is a medical device. It is important to use only as directed in this User Guide.

**Use as needed for the relief of low back pain.**

# Don't let chronic back pain stop you from enjoying life

## Trekke® Lumbar Lift

### User Guide



### Trekke® Lumbar Lift Ambulatory Spinal Unloading Device

Through injury, aging, or degenerative disease, over 80% of people experience lower back pain at some point in their lives -- and those who don't, know someone who has. A sore back can range from mild to debilitating, seriously affecting the ability to enjoy everyday activities. Since the lumbar region of the spine carries all of the upper body weight, it is most at risk.

Trekke is the first ambulatory, spinal unloading device designed specifically with ease-of-use, patient comfort, and mobility in mind. Inflated using a simple, manually operated pump, Trekke alleviates your lower back pain by vertically stretching, lifting and unloading upper torso weight from the lumbar vertebrae and disks.

Compared to other lower back pain devices or treatments which immobilize or restrict patient movement, Trekke's soft, supple design allows it to dynamically flex with the body, offering comfortable full-body movement and active mobility.

Trekke's pain-relieving unloading, delivered by a comfortable, unobtrusive, ambulatory device allows it to be worn for extended periods during normal daily routine, providing pain relief and restored activity -- an ideal combination for treatment of chronic low back pain. Trekke is accessible to consumers without a prescription and available in size extra small, small, medium, large, and extra large.



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### Trekke General View

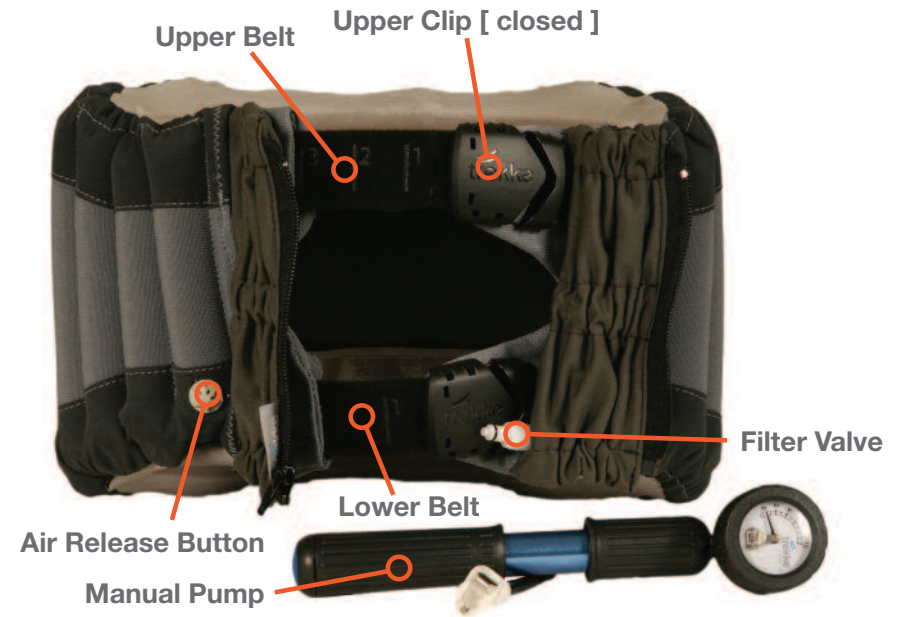
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## PneuVation

**Contents:** 1 Trekke Lumbar Lift, manual pump, tape measure and User Guide

Conditions which may benefit from the use of Trekke<sup>®</sup> Lumbar Lift include but are not limited to: herniated nucleus pulposus/disc herniation/bulging, nerve root entrapment/impingement, degenerative disc disease, facet syndrome, stable spondylolisthesis/retrolisthesis, lumbar osteoarthritis, stable lumbar compression fracture, compression fracture, radiculopathy, sciatica, scoliosis, spondylolithesis, lordosis, sprains/strains, osteoporosis and fractures, trauma or mechanical pain of unknown origin. Visit [www.TrekkeLumbarLift.com](http://www.TrekkeLumbarLift.com) for more information.

By purchasing Trekke you agree that your condition is appropriate for treatment using Trekke. Effectiveness of Trekke is based on proper fitting of the device. Ensure you have selected the proper size for optimal pain relief results.



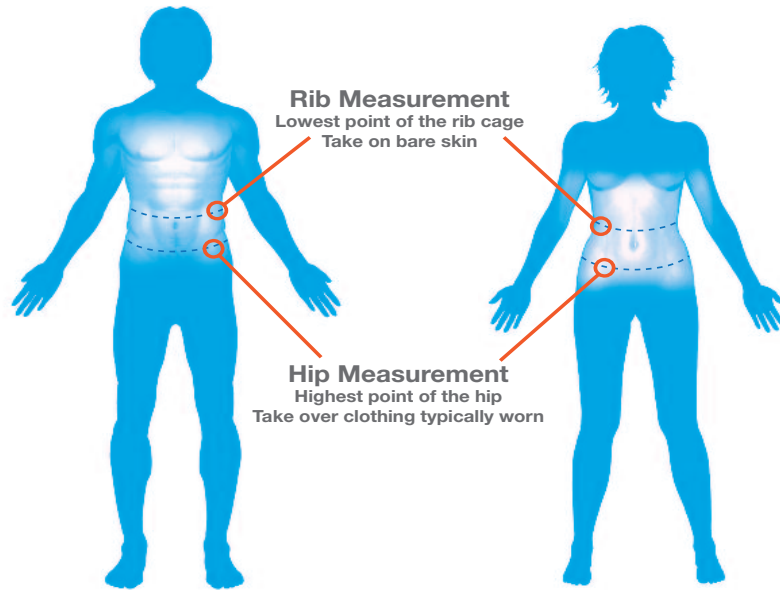
**Please note:** The filler valve should always be at the bottom left of the device when worn.

Our innovative, patented technology gently and comfortably lifts and redistributes the weight of your upper body to your hips, easing the pressure on your spine and relieving your pain. Spinal unloading, as it's technically known, is achieved using the soft, supple Trekke pneumatic belt. No rigid, uncomfortable metal frame is required.

Trekke snugly grips the lower rib cage and rests on the hips. You decide how much to inflate the belt to achieve lift and relief. Even a small amount of lift provides results.

# Step 1

## Determining Belt Length



1. Using the measuring tape provided, measure around your body at the rib and hip locations indicated on the illustration above. **The lower rib measurement should be taken against the skin whereas the hip measurement should be taken over pants or a dress.** Use the Belt Length Chart to the right to determine the correct length for the upper and lower belts for your dimensions.

2. To determine the correct length for the Trekke belts, match your rib and hip measurements with the following chart. Your rib measurement will indicate the upper belt length while the hip measurement will indicate the lower belt length.

**Note:** Proper measurement and placement of Trekke is critical to ensuring you receive optimal pain relief. Please follow measuring and placement instructions carefully.



### XSmall Trekke Belt Length Chart

Rib and Hip Measurements	inches	24	25	26	27	28	29	30	31
	cm	61	63.5	66	68.5	71	73.5	76	78.5
Corresponding Belt Lengths	inches	0	1	2	3	4	5	6	7
	cm	0	2.5	5	7.5	10	12.5	15	17.5

### Small Trekke Belt Length Chart

Rib and Hip Measurements	inches	28	29	30	31	32	33	34	35
	cm	71	73.5	76	78.5	81	83.5	86	88.5
Corresponding Belt Lengths	inches	0	1	2	3	4	5	6	7
	cm	0	2.5	5	7.5	10	12.5	15	17.5

### Medium Trekke Belt Length Chart

Rib and Hip Measurements	inches	32	33	34	35	36	37	38	39
	cm	81	83.5	86	88.5	91.5	94	96.5	99
Corresponding Belt Lengths	inches	0	1	2	3	4	5	6	7
	cm	0	2.5	5	7.5	10	12.5	15	17.5

### Large Trekke Belt Length Chart

Rib and Hip Measurements	inches	36	37	38	39	40	41	42	43
	cm	91.5	94	96.5	99	101.5	104	106.5	109
Corresponding Belt Lengths	inches	0	1	2	3	4	5	6	7
	cm	0	2.5	5	7.5	10	12.5	15	17.5

### XLarge Trekke Belt Length Chart

Rib and Hip Measurements	inches	40	41	42	43	44	45	46	47
	cm	101.5	104	106.5	109	111.5	114	116.5	119
Corresponding Belt Lengths	inches	0	1	2	3	4	5	6	7
	cm	0	2.5	5	7.5	10	12.5	15	17.5

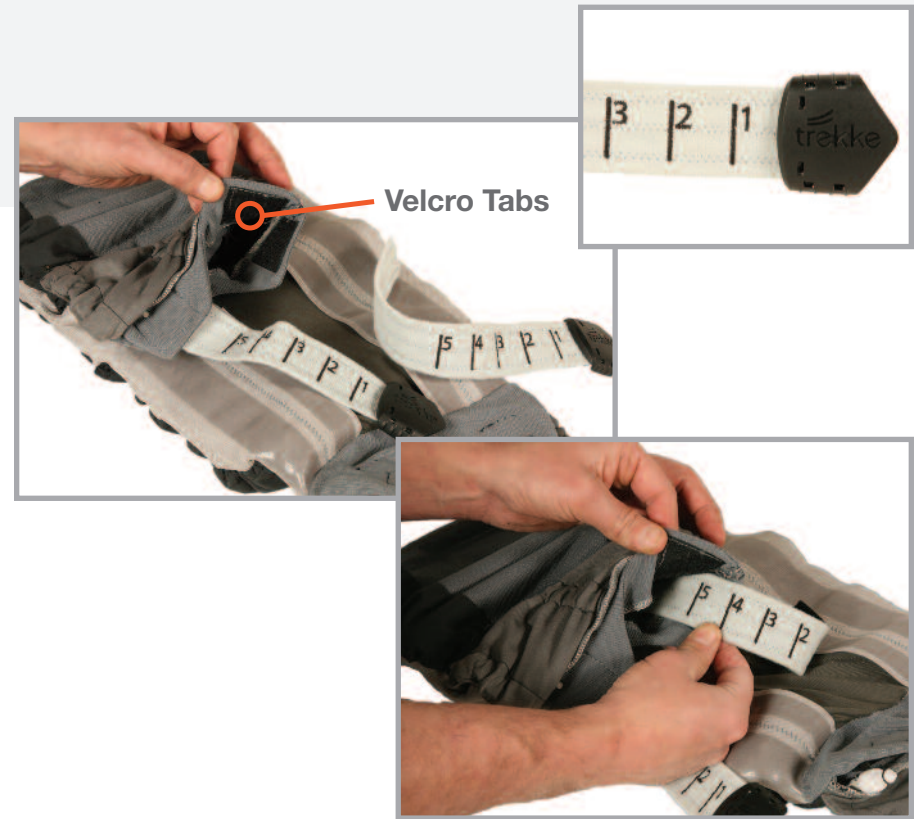
**EXAMPLE:** If your rib measurement is 31" and your hip measurement is 34" the corresponding upper and lower belt lengths are 3" and 6" respectively (see the circled numbers above).

# Step 2

## Setting Belt Length

Once you have determined the correct length for the upper and lower Trekke belts, insert and secure the belt lengths into Trekke as described below and shown to the right.

The procedure to determine and set correct belt lengths only needs to be done once, prior to the first use.



**1.** Open the Velcro belt adjustment tabs and insert the belts so the exposed lengths match the lengths you determined in Step 1.

**2.** Grooves on the belts are 1" apart, for easy measurement. Simply select the correct number for the length required. For example, select 3 for a 3" length.

**3.** Ensure the excess portions of the belts are laid out straight and flat inside the device. The double Velcro attachments must be aligned and firmly pressed together on either side of the belts to secure them in place.

**Note:** The Belt Length Chart is a guide only. The Velcro belts can be adjusted longer or shorter to ensure your comfort, keeping in mind that the belts must be snug enough to enable Trekke to grip the body and to provide spinal unloading. **If the belts are too loose, the pain relief benefits provided by Trekke may be reduced or lost.**

# Step 3

## Pre-Use Inflation



Prior to use, partially inflate Trekke. Pre-use inflation is required only when you first receive Trekke, or after you have fully deflated the device for storage.

**1.** Attach the pump to the filler valve on the device by pushing the two fittings together. See image above.

**2.** Using the manual pump, partially inflate Trekke until all the tubes have just become round, as seen in the image above. The gauge on the pump should not register any inflation at this point.

**3.** Before putting on the device, disconnect the pump by depressing the pump release tab.



Your Trekke will feel soft and supple and take on the form shown above. For optimal results, always put the device on in this partially inflated state.

# Step 4

## Putting on Trekke®

### Proper Measurement

Proper measurement and placement of Trekke is critical to ensuring you receive optimal pain relief. **Please carefully follow measuring and placement instructions in Steps 2 and 3.**

Trekke must be **worn under your shirt or blouse and over your lower clothing** to ensure proper placement and fit, and for optimal spinal unloading and pain relief. It is worn over your lower clothing (e.g. trousers or skirt).

A properly adjusted belt will be tight enough that it does not slip on the body yet remains comfortable.



**1.** Put on Trekke by wrapping it around your bare abdomen and ensuring it is approximately centered on the body. The bottom of the device should be at the level of your waist (belt line) and the top of the device just above your lowest ribs. The filler valve is on the bottom left.

Referring to the image above, note the location of the upper belt in relation to the navel; the bottom of the upper belt sits just above the navel. Clip the Trekke belts into place.

### Correct Belt Tension

The correct fit or tension for the Velcro belts is obtained when they are just tight enough to prevent Trekke from sliding up the body when in use. This is different for everyone and is determined by you.

The more unloading desired, the tighter the belts may need to be. However, **Trekke should not be worn at a tension that constricts breathing or is uncomfortable.**

When the belts are tensioned correctly, it is possible to sense unloading at very low inflation levels (e.g. between the 0.5 and 1 as indicated on the pump gauge). It is possible to achieve pain relief at low levels of inflation (between 2 and 4), allowing more comfort and a longer duration of use. Inflation levels are detailed further in Step 5.



**2.** Trekke is designed to cling snugly to the body. Each time it is put on, slightly more tension may be developed at the front of the belts than the back.

If a difference in tension is noticed, it can be evened out prior to further inflation by gently pulling the belts away from the body at the side, top and bottom and then slightly stretching Trekke from the back to the front (direction of arrows).

## Step 5

### Inflation for Pain Relief

Once steps 1 through 4 have been completed, Trekke is ready to be inflated.

1. Ensure Trekke is properly positioned with a snug and comfortable fit.
2. Secure the pump to the filler valve. Pump to a level that provides relief without discomfort (see note on Optimal Unloading Levels below).
3. Disconnect the pump from the Trekke filler valve.
4. Zip up the front flap and resume your enjoyable activities, with the benefit of Trekke Lumbar Lift.



### Optimal Unloading Levels

Trekke's manual inflation allows you to determine the level of unloading needed to achieve maximum pain relief and comfort.

The pump gauge displays inflation levels from 0 to 10, with 10 representing the maximum recommended level (roughly equivalent to the amount of unloading that occurs when lying down).

**There is no prescribed inflation level or duration of use** -- both are determined by you and best achieved by adjusting inflation levels and duration of use to accommodate your comfort and activity.

**An inflation level of 2 or 3 is a good place to begin and should allow Trekke to be comfortably worn all day.** Testing higher and lower inflation levels and duration of wear will help you determine what works best for you.

## Step 6

### Removing Trekke®

1. Before removing Trekke, press the air release button and deflate the device.
2. Once Trekke has been deflated, unclip the belts and remove it from the body.

If, for any reason, you forget to deflate Trekke before removing it, simply deflate it after so that it is back to its partially inflated state, as described in Step 1.



## Step 7

### Storing Trekke®

When Trekke is not in use, you may leave the device partially inflated (the pump gauge should register 0). Gently roll the device and place it in the carrying bag. Do not puncture.



Need Help or Have Questions?  
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