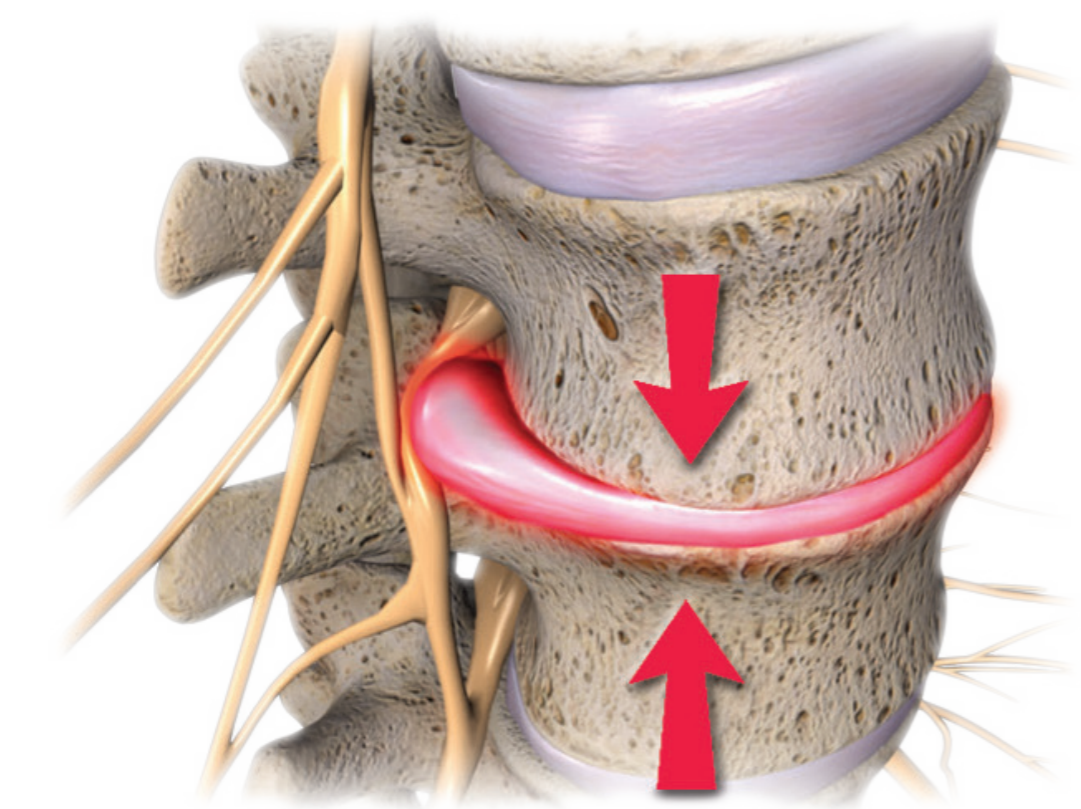


# Disc Pressure Comparison



**Incorrect lifting**  
800 mmHg

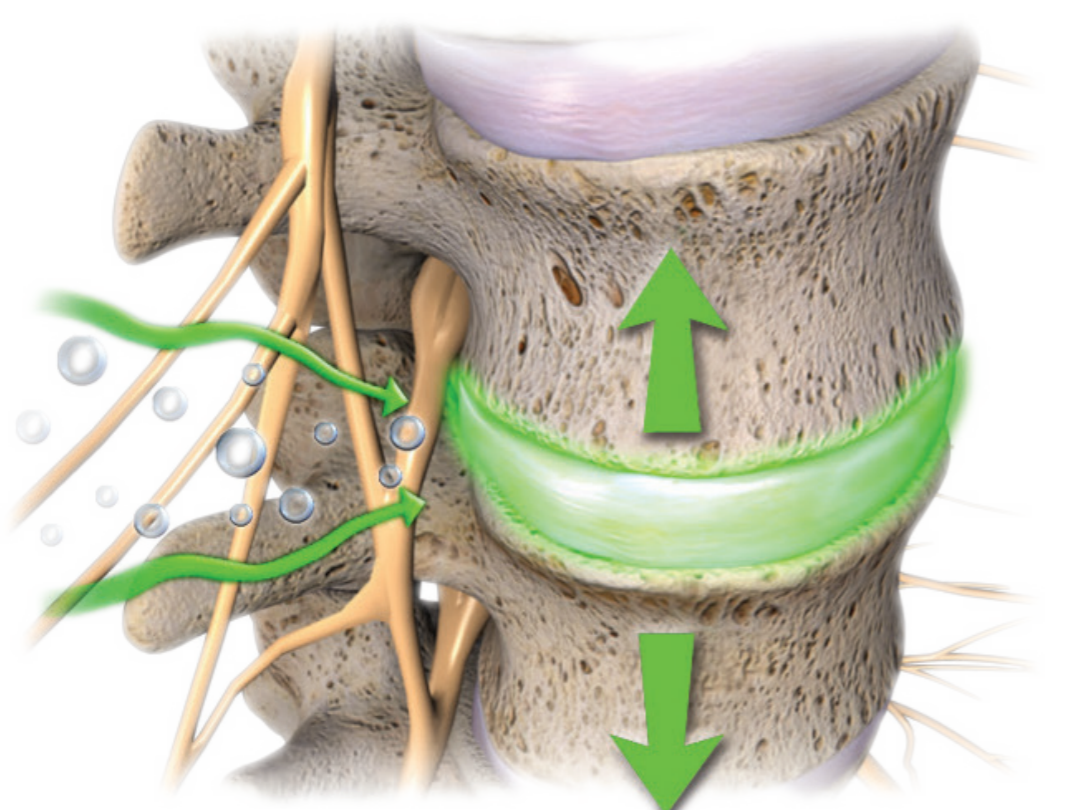
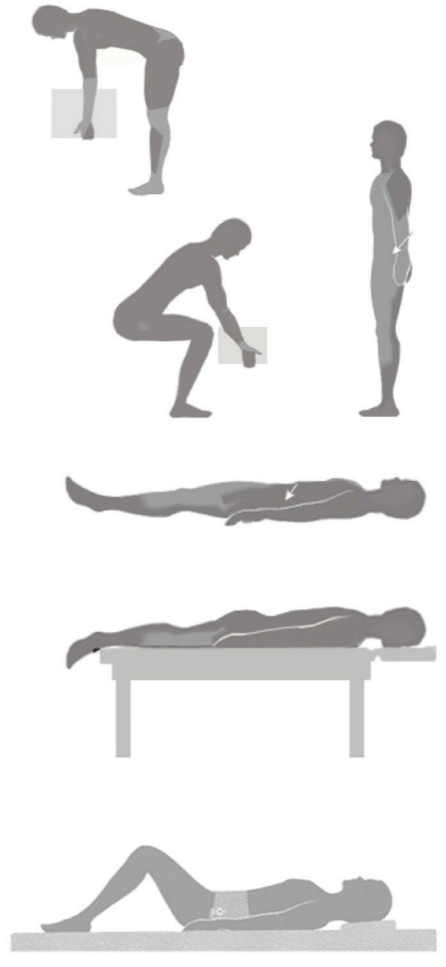
**Correct lifting**  
300 mmHg

**Standing**  
100 mmHg

**Lying down**  
75 mmHg

**Traction manipulation**  
40 mmHg

**Spinal decompression**  
**up to -160 mmHg**



## Example of a Logarithmic Curve for Spinal Decompression

