

DEX II™ Decompression & Extension



The FDA-Cleared Dex II™ Decompression & Extension offers a multi-functional platform for stretching and exercise that is more effective and versatile than a typical Roman Chair or hyperextension bench! The DEX II is a forward-rotating, hip-support inversion device that allows you to work your core and improve flexibility with a variety of inverted stretches and exercises, plus you can use the base for reverse dips, modified push-ups and exercise band work.

Unique or Added-Value Features



Forward Rotation Hip Support

The DEX II™ places the body in a 90/90 position, with a bend at the knees and hips, to flatten the lumbar curve and effectively target the lower spine for greater decompression.



Ergonomic, Effective Design

The DEX II™ positions the body to isolate the core muscles and prevent over-extension of the back while performing back strengthening and core exercises.



Multi-Purpose Lower Handles

Cane-shaped handles on the base provide support for user-controlled rotation and serve as useful resistance tools for stretching; great for dips, pushups and band work!



Support Hand Grips

Coated grips double as traction handles for enhanced support and to achieve a deeper stretch.

Built for the Benefits

Reliable, Trustworthy Performance

The Dex II is an FDA-cleared Class 1 medical device indicated for back pain and related conditions, such as herniated disc, degenerative disc disease, sciatica and more! Trust Teeter for unmatched quality with a 35-year legacy and industry leading 5-year full warranty.

Comfortable & Adjustable Lap Support

Vinyl-covered and thickly-padded, the ergonomic cushion rotates smoothly into and out of inversion and features a pull-pin that can be adjusted to accommodate varying user heights.

Adjustable Leg Supports

Accommodating a wide range of body types, the Locking Knob on the Leg Supports adjusts for a comfortable and ideal fit to allow for effective decompression.

Corner Feet

Provide additional stability and protect floors.

Quality Construction

Sturdy square steel tube design with scratch-resistant powder coating.



Height Capacity	4'8" - 6'6" (142-198 cm)
Weight Capacity	300 lb (136 kg)
Packaged Dims	40.5 x 29.0 x 8.5 in (102.9 x 73.7 x 21.6 cm)
Packaged Weight	66.1 lb (30.0 kg)
Item / UPC	D12000 / 759265006066
Value Added	Teeterlink™ App
Warranty	5-Year



TEETERLINK™
FREE Back Pain Tracker
& Inversion Guide

