


BACK APP

NO MORE BACK PAIN





BACK APP CAN REDUCE BACK PAIN **- IT IS PROVEN IN SCIENTIFIC STUDIES**

Back App has documented evidence from work conducted by the Karolinska Institute, Sweden, University of Limerick, Ireland, Katolieke Universiteit Leuven, Belgium and Physiotherapie school, Landquart, Switzerland. Read all about the studies on www.backapp.com

Back App has been tested by 364 physiotherapists and chiropractors from all over Scandinavia. 98% of them say that Back App is good for your back!

no more back pain







ARE YOU ALSO SITTING FOR 13.7 HOURS EVERY DAY?

When you are eating, traveling, at work, watching TV,
visiting friends ...

THERE IS EVIDENCE THAT BACK APP CAN REDUCE BACK PAIN

Scientific studies of people who suffer back pain while
sitting, show that the pain diminishes significantly
compared with sitting on an ordinary office chair.

SCIENTIFIC EVIDENCE SHOWS THAT BACKAPP CAN

HELP PEOPLE SIT MORE UPRIGHT

Using Back App your posture improves and it is easier to sit upright

REDUCE THE EFFORT OF SITTING UPRIGHT

You get less fatigued than when sitting on an ordinary office chair

INCREASE THE AMOUNT OF MOVEMENT IN SITTING

A constant but gentle workout comes naturally by sitting on Back App

CHALLENGE BALANCE IN A SMOOTH, CONTROLLED MANNER

You keep your balance in the same way as when you walk in the woods, ride a horse or paddle a kayak

REDUCE BACK PAIN WHILE SITTING

Scientific studies of people who suffer back pain while sitting, show that the pain diminishes measurably compared with sitting on an ordinary office chair



BACK APP - INTERVAL TRAINING FOR YOUR BACK

When sitting on the Back App you are relaxed in a neutral position. When you move you balance on the ball and activate your back muscles providing a gentle but constant exercise.

It is easy to switch between sitting and standing. Your posture is very similar to that of standing upright.



try a back app for free

SIT COMFORTABLY ALL DAY

Invest in your health, and get stronger!
Contact us to try a Back App.



www.backapp.com