

# Combination of Back App Chair and Back App 360. Results from field trial in Finland 2017

## Company

Field trial hosted by LähiTapiola - an insurance company in Espoo close to Helsinki

## Participants

Volunteers who wanted to try Back App Chair and Back App 360

## Technical follow up and project management

Motivire OY

<b>Number</b>	<b>70</b>
Men	16,2%
Woman	83,8%
<b>Age</b>	
Below 35	17,6%
35 to 50	51,5%
Above 50	30,9%

Participants filled in questionnaire at September 1st

They left their former office chair behind and used Back App Chair and Back App 360

After 6 months they reported effects of Back App Chair and Back App 360

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How many hours per day are you sitting in the office?

	Before the trial	End of trial	Before the trial	End of trial
	Number	Number	%	%
0 - 2 hours	5	13	7,1 %	18,6 %
2 - 4 hours	12	15	17,1 %	21,4 %
4 - 6 hours	23	22	32,9 %	31,4 %
> 6 hours	30	20	42,9 %	28,6 %

-15,8%

How many hours a day are you standing in the office?

	Before the trial	End of trial	Before the trial	End of trial
	Number	Number	%	%
0-1 hours	42	38	60,0 %	54,3 %
1-2 hours	12	12	17,1 %	17,1 %
2-3 hours	5	9	7,1 %	12,9 %
3-4 hours	5	3	7,1 %	4,3 %
> 4 hours	6	8	8,6 %	11,4 %

+11,1%

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Have you experienced back pain or any other back problems at work during the past 6 months?

	<b>Before the trial</b>	<b>End of trial</b>	<b>Before the trial</b>	<b>End of trial</b>
	<b>Number</b>	<b>Number</b>	<b>%</b>	<b>%</b>
Almost every day	5	3	7,1	4,3
2-3 days a week	10	4	14,3	5,7
Once a week	21	15	30,0	21,4
Never, almost never	34	48	48,6	68,6

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Think back on a normal work week. 1 = Regular lower back pain and problems; 5 = No lower back pain or problem

	<b>Before the trial</b>	<b>End of trial</b>	<b>Before the trial</b>	<b>End of trial</b>
<b>Scale</b>	<b>Number</b>	<b>Number</b>	<b>%</b>	<b>%</b>
1	1	3	1,4	4,3
2	5	1	7,1	1,4
3	16	1	22,9	1,4
4	15	23	21,4	32,9
5	33	42	47,1	60,0

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Which of the following do you feel almost weekly?

	<b>Before the trial</b>	<b>End of trial</b>	<b>Before the trial</b>	<b>End of trial</b>
	<b>Number</b>	<b>Number</b>	<b>%</b>	<b>%</b>
Lower back pain/stiffness	20	13	30,3	19,1
Shoulder and neck pain/stiffness	39	24	59,1	35,3
Headaches before or after work	18	10	27,3	14,7
None of the above	16	30	24,2	44,1

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How often do you feel exhausted after work?

1 = Frequently / every day. 2 = Quite often. 3 = Every now and then. 4 = Infrequently. 5 = Never

	<b>Before the trial</b>	<b>End of trial</b>	<b>Before the trial</b>	<b>End of trial</b>
	<b>Number</b>	<b>Number</b>	<b>%</b>	<b>%</b>
1	4	4	5,90	5,80
2	8	1	11,80	1,40
3	22	16	32,40	23,20
4	27	34	39,70	49,30
5	7	14	10,30	20,30

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How would you grade your current fitness for work? 1 = Completely unfit for work. 10 = In the best working shape

	<b>Before the trial</b>	<b>End of trial</b>	<b>Before the trial</b>	<b>End of trial</b>
	<b>Number</b>	<b>Number</b>	<b>%</b>	<b>%</b>
1	0	0	0,0	0,0
2	1	0	1,5	0,0
3	0	1	0,0	1,4
4	1	0	1,5	0,0
5	1	1	1,5	1,4
6	3	2	4,4	2,9
7	7	4	10,3	5,8
8	21	15	30,9	21,7
9	29	33	42,6	47,8
10	5	13	7,4	18,8

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## Conclusions

Results from the field trial confirm results from scientific studies regarding effects on the lower back

Results from the field trials suggest that the positive effects on the lower back also can be found in the upper back and in the neck

The field trial results suggest positive effects also on headaches

The positive effects on surplus energy (exhausted after work and fitness for work) have been difficult to study in scientific studies. Back App will follow up the results with scientists in order to document the effects in scientific experiments