

# backapp



less lower back pain  
less pains in the upper body  
less use of pain killers

**-By just sitting down!**

# BACKAPP-EFFECT AFTER ONLY 6 WEEKS

Field trials in Sweden and Denmark 2018

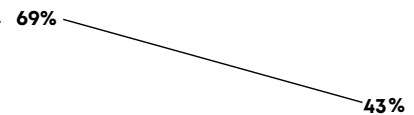
131 office workers from Tretton 37 AB, Ving Sweden AB and Siemens AS participated in the studies. The studies were organized and reported by external partner. Participants replied on a questionnaire before the studies started and after 6 weeks.

The 131 participants were 84 women and 45 men. Average age 39,2 years.

The participants were given a Backapp chair and a Backapp 360 balance board. Their traditional office chair was removed, and the participant used only the Backapp products during the trial.

## Shoulder and neck pain every week

On the traditional office chairs **69%** reported shoulder and neck pains every week. After 6 weeks on the Backapp products, this was reduced to **43%**



## Low back pain every week

**52%** reported back pains every week on their original office chair. After 6 weeks on the Backapp products, this was reduced to **40%**



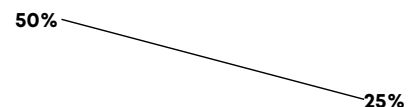
## Upper body pain every day

The number of participants having upper body pains 2-3 days a week, or almost every day, was **50%** while using their traditional office chairs. After 6 weeks using the Backapp products, this was reduced to **29%**



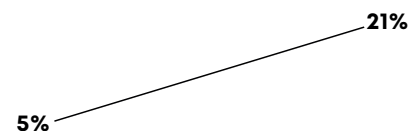
## End of working day fatigue

**50%** felt tired at the end of a normal working day using their traditional office chairs. After 6 weeks on the Backapp products, this was reduced to **25%**



## 4 times as many without pains in the upper body

On the traditional office chairs only **5%** said that they never had pains in the upper body. After 6 weeks on the Backapp products **21%** said that they never had pains in the upper body.



If you have 100 office workers, only 5 of them may say that they never have pains in the upper body. After 6 weeks on the Backapp products you may have 21 without pains in the upper body.



# What can Backapp do for your company?

## Health check

The Backapp health check is a study with questionnaires filled in by your employees. The questionnaire contains questions about health elements, like pains in the low back, pains in the upper body, use of pain killers, fatigue, etc. while working. The results will be organized as a report to your company.

## Field trial

You can try the Backapp chair and the Backapp 360 balance board in your company for 6 weeks. We follow up with questionnaires at the beginning and after 6 weeks. Minimum number of participants are 30. Results will be reported by external partner with statistics.

## Documented effects

In the field trials reported in this brochure, we have measured significant positive effects of the Backapp products on Lower back pains, Pains in the upper body, Use of pain killers and Tiredness.



**ACTIVE SITTING  
BALANCED LIFE**

[backapp.eu](http://backapp.eu)