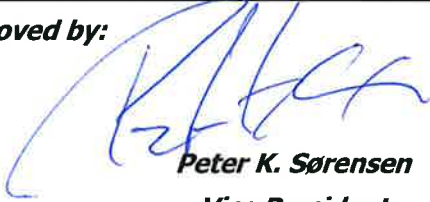


FORCE 118-26936

RESULTS

Field Trial at KGH Custom Services using Back App Equipment Baseline, 6 weeks & 6 months follow up surveys

Client: Back App		Client's Ref.: Freddy Johnsen / Stian Andre Holmedahl			
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Field Trial with employees at KGH Custom Services, using Back App Equipment

The data presented here came from a field trial in the company KGH Custom Services, Norway. The field trial consists of 3 surveys, one prior to the use of Back App 2.0 and Back App 360, and two follow up surveys. The First follow up was performed after 6 weeks and the Second follow up after 6 months.

When reading this presentation, it is highly recommendable to have a copy of the questionnaires at hand. Due to the nature of the survey design, some questions did vary in their formulations across the Baseline, First and Second follow up.

All participant's responses to all questions will be presented here, and it is important to demonstrate caution on the interpretation of the results and possible trends spotted. The limitations in interpretations are presented at the relevant tables below, but throughout this field trial no control group has been part of the investigation, clearly making it difficult to identify a full picture of influencing variables (confounders) on the response patterns seen. It is quite likely that other factors than the use of Back App equipment are causing the trends presented here.

Background data

Initially the field trial included 44 employees, but for various reasons 5 of them have been excluded from the study, leaving 39 participants, whom have all completed the BASELINE, FIRST FOLLOW UP (after 6 weeks) and the SECOND FOLLOW UP (after 6 months).

As shown, most of the participants are female:

	No. of participants	Percent
Female	30	76,9
Male	9	23,1
Total	39	100,0

The average age is 42,1 years, the youngest being 22 years and the oldest 60 years.



Almost 90% of the participants indicate their height as being between 160 cm and 182 cm:

	No. of participants	Percent
Lower than 160 cm	0	0,0
Between 160 and 182 cm	35	89,7
Taller than 182 cm	4	10,3
Total	39	100,0

Almost all participants indicate their weight as being between 50 and 125 kg:

	No. of participants	Percent
Less than 50 kg	1	2,6
Between 50 and 125 kg	38	97,4
More than 125 kg	0	0,0
Total	39	100,0



Which type of chair did people use prior to the field trial?

At the baseline measure, we asked people the following question:

What type of chair have you been using before the upcoming Back App test period?

One choice only.

- Standard office chair with back rest
- Standard office chair with back rest and arm rest
- Elevated office stool with foot ring
- Perching stool

Other (please specify)

The responses are shown in the following table:

	No. of participants	Percent
Standard office chair with back rest	5	12,8
Standard office chair with back and arm rest	34	87,2
Elevated office stool with foot ring	0	0,0
Perching Stool	0	0,0
Total	39	100,0



How do participants rate their old chair?

We also asked them to rate their old chair:

How would you rate your current chair?

Very comfortable, good Quite comfortable Comfortable, fair Quite uncomfortable Very uncomfortable, poor

Other (please specify)

The responses were:

	No. of participants	Percent
Very comfortable, good	0	0,0
Quite comfortable	18	46,2
Comfortable, fair	16	41,0
Quite uncomfortable	4	10,3
Very uncomfortable, poor	1	2,6
Total	39	100,0

Note that **5 people** rate their chair as either “**quite uncomfortable**” or “**Very uncomfortable**”. Using a chair with that experience for many hours every day should raise concern.



How many hours do you **sit** during a normal work day?

This question varied slightly from **BASELINE** to **FIRST** and **SECOND FOLLOW UP**
Please refer to the questionnaire printouts for inspection of the questions asked.

Think of a normal/average work day:
How many hours per day are you **SITTING** at your computer work station?

0-2 hours 2-4 hours 4-6 hours More than 6 hours

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
0-2 hours	0	0,0	2	5,1	11	28,2
2-4 hours	1	2,6	7	17,9	2	5,1
4-6 hours	15	38,5	14	35,9	9	23,1
More than 6 hours	23	59,0	16	41,0	17	43,6
Total	39	100,0	39	100,0	39	100,0

The pattern seen at **BASELINE** compared to the one seen at the **SECOND** follow up changed in a **significant way**, which means that participants at the second follow up indicate to spend **fewer hours sitting** at their workstation when using Back App 2.0 compared to using their old chair. *Wilcoxon signed rank test: $Z=-3,22$ $p < 0,05$ ($p = 0,001$).* However, a cautious interpretation is needed: The formulation of the question at **FIRST** and **SECOND** follow up leaves room for a different interpretation. Participants might have answered the question believing they were required to indicate how many hours they spend sitting on the Back App 2.0 only. Maybe they still have their old chair nearby and sometimes use this as their preferred device at the work station. Hours spend on the old chair are not included, which might bring the total hours spend sitting to a higher level than revealed through this question.



How many hours do you **stand** during a normal work day?

This question varied slightly from **BASELINE** to **FIRST** and **SECOND FOLLOW UP**
Please refer to the questionnaire printouts for inspection of the questions asked.

Think of a normal/average work day:

How many hours per day are you **STANDING** at your computer workstation?



	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
0-1 hour	32	82,0	30	76,9	29	74,4
1-2 hours	6	15,4	8	20,5	8	20,5
2-3 hours	0	0,0	0	0,0	0	0,0
3-4 hours	1	2,6	1	2,6	2	5,1
More than 4 hours	0	0,0	0	0,0	0	0,0
Total	39	100,0	39	100,0	39	100,0

In this case, the pattern seen at BASELINE did not change in any significant way, which means that participants at the second follow up indicate to spend the same number of hours standing at their workstation when having Back App 360 at their disposal. *Wilcoxon signed rank test: $Z = -0,75$, $p > 0,05$ ($p = 0,45$).* The trend in responses might very well reflect that participants indicate the hours spend on the Back App 360, not including hours spend standing directly on the floor (at 6 weeks and 6 months). Since the formulation of this question at FIRST and SECOND follow up leaves room for different interpretations, the total hours spend standing might be higher than revealed through the table above.



How **often** have you experienced pain in the upper body?

This question varied slightly from **BASELINE** to **FIRST** and **SECOND FOLLOW UP**
Please refer to the questionnaire printouts for inspection of the questions asked.

How often have you experienced pain in either the

- back
- shoulder(s)
- neck
- head
- arm(s) or
- hand(s)

at work during the past 6 months?

Never, almost never Once a week 2-3 days a week Almost every day

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Never, almost never	7	17,9	11	28,2	15	38,5
Once a week	8	20,5	7	17,9	13	33,3
2-3 days a week	8	20,5	10	25,6	6	15,4
Almost every day	16	41,0	11	28,2	5	12,8
Total	39	100,0	39	100,0	39	100,0

Looking at the SECOND follow up column, 11 people have moved out of the category “Almost every day” and the number of participants in the “Never, almost never” has increased with 8. The people leaving the highest category are not the same as those entering the lowest, but still: They have all entered a lower category during a period of 6 months using Back App equipment.

To check for the trend of participants experiencing pain in various areas less frequently when using Back App for 6 months (SECOND follow up), we have used the Wilcoxon Signed Ranks Test.

How often is pain experienced?

		N	Mean Rank	Sum of Ranks
How often pain (SECOND) vs	Negative Ranks	21 ^a	12,52	263,00
	Positive Ranks	2 ^b	6,50	13,00
How often pain (BASELINE)	Ties	16 ^c		
	Total	39		

- a. How often pain (SECOND) < How often pain (BASELINE)
- b. How often pain (SECOND) > How often pain (BASELINE)
- c. How often pain (SECOND) = How often pain (BASELINE)

The Wilcoxon signed ranks test: $Z=-3,90$; $p<0,05$ ($p=0,001$).

As shown the “negative ranks” = 21, which means that 21 participants have indicated to experience pain **less frequently** after using Back App for 6 months compared to their frequency of pain experience prior to the use of Back App equipment. 16 participants experience no difference and 2 participants a higher frequency in pain experiences. The tables tell us nothing about the ‘amount’ or level of pain experienced. However, this is a statistically significant result (as opposed to a random pattern) and it could indicate, that a fair amount of people at KGH Custom Services (54%, 21 out of 39) tend to experience pain **less frequently** in the upper body when using Back App for 6 months, compared to the use of ordinary office chairs.

At Baseline we ask people to think back 6 months and this might have an influence on the accuracy of the given responses since it is harder to remember the “history of pain” through 6 months without reminders along the way, rather than through 6 months, where attention for each participant is more focused on bodily pain, due to the participation in the field trial. Also, this field trial does not involve a control group, leaving room for uncertainty in the interpretation of where the less frequently experienced pain stems from (e.g. organizational changes, other work environment changes). Still: **The trend is the same whether we ask people after 6 weeks or 6 months.**



The experienced level of lower back pain

This question varied slightly from **BASELINE** to **FIRST** and **SECOND FOLLOW UP**
Please refer to the questionnaire printouts for inspection of the questions asked.

Do you experience lower back pain during a normal work week?

Very little lower back pain Some lower back pain Quite a bit of lower back pain A lot of lower back pain

No lower back pain pain pain back pain pain

Note that this question (at **BASELINE**) aims to the level of experienced pain in the lower back in general, and not with reference to the “past 6 months”.
The responses were:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
No lower back pain	7	17,9	9	23,1	13	33,3
Very little lower back pain	10	25,6	10	25,6	12	30,8
Some lower back pain	16	41,0	13	33,3	10	25,6
Quite a bit of lower back pain	2	5,1	4	10,3	3	7,7
A lot of lower back pain	4	10,3	3	7,7	1	2,6
Total	39	100,0	39	100,0	39	100,0

To check for the trend of participants experiencing pain in the lower back less frequently when using Back App for 6 months (**SECOND** follow up), we have used the Wilcoxon Signed Ranks Test.



Lower back pain: Better, worse or the same?

		N	Mean Rank	Sum of Ranks
Lower back pain (SECOND) vs Lower back pain (BASELINE)	Negative Ranks	21 ^a	15,52	326,00
	Positive Ranks	9 ^b	15,44	139,00
	Ties	9 ^c		
	Total	39		

- a. Lower back pain (SECOND) < Lower back pain (BASELINE)
- b. Lower back pain (SECOND) > Lower back pain (BASELINE)
- c. Lower back pain (SECOND) = Lower back pain (BASELINE)

The Wilcoxon signed ranks test: $Z=-1,97$; $p<0,05$ ($p=0,048$).

As shown the “negative ranks” = 21, which means that 21 participants have indicated to experience **less pain in the lower back** after using Back App for 6 months compared to their level of experienced pain prior to the use of Back App equipment. 9 participants experience no difference and 9 participants a higher level of pain. This is a **statistically significant result** ($p<0,05$) and it indicates, that a fair amount of people (54%, 21 out of 39) at KGH tend to experience **less pain** in the lower back when using Back App for 6 months, compared to the use of ordinary office chairs.

As mentioned earlier, one must conclude on these trends with caution, since e.g. no control group was used in the field trial.



A significant reduction in the number of painful areas on the body

Baseline:

Which of the following have you experienced during a normal work week that included pain? Multiple choices allowed.

<input checked="" type="checkbox"/> Lower back pain/stiffness	→	1 point
<input type="checkbox"/> Shoulder and neck pain/stiffness		
<input checked="" type="checkbox"/> Headaches during or after work	→	1 point
<input checked="" type="checkbox"/> Arm and/or hand pain	→	1 point
<input type="checkbox"/> None of the above		
<input type="checkbox"/> Other (please specify)		

Total: 3 point

In this question participants can check several boxes to indicate the number of (and which) painful areas on the upper body. In the example above a participant has indicated three areas, which translates into a “pain score” of three. Thus, it is possible for a participant to achieve a pain score of 0 (zero) through 4. Reviewing the comments made in the “other”-category could of course qualify for an extra point, making it possible to obtain a pain score of 5 as a maximum.



The same question during FIRST and SECOND follow up looked like this:

This question regards the period you have been using Back App 2.0 and Back App 360.

Which of the following have you experienced during a normal work week that included pain? Multiple choices allowed.

- Lower back pain/stiffness
- Shoulder and neck pain/stiffness
- Headaches during or after work
- Arm and/or hand pain
- None of the above
- Other (please specify)

1 point

Total: 1 point

As was the case with the Baseline questionnaire, participants could make use of several check boxes in the First and Second follow up. The example above shows one participant's follow-up pain score of 1.



The points achieved were:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Pain score = 0	2	5,1	6	15,4	11	28,2
Pain score = 1	9	23,1	19	48,7	17	43,6
Pain score = 2	16	41,0	10	25,6	7	17,9
Pain score = 3	8	20,5	4	10,3	4	10,3
Pain score = 4	4	10,3	0	0,0	0	0,0
Pain score = 5	0	0,0	0	0,0	0	0,0
Total	39	100,0	39	100,0	39	100,0

At **BASELINE**, only 2 participants indicated to be without any pain (Pain score = 0) in the upper body during a normal week. At **SECOND** follow up, this has changed to 11 participants.

The trend clearly seems to be that participants indicate a lower number of painful areas both in the first and second follow up, which is also confirmed in the statistical calculations:



Pain Score: Better, worse or the same?

	N	Mean Rank	Sum of Ranks
Pain Score (SECOND) vs Negative Ranks	24 ^a	16,54	397,00
Pain Score (BASELINE) Positive Ranks	6 ^b	11,33	68,00
Ties	9 ^c		
Total	39		

- a. Pain Score (SECOND) < Pain Score (BASELINE)
- b. Pain Score (SECOND) > Pain Score (BASELINE)
- c. Pain Score (SECOND) = Pain Score (BASELINE)

Wilcoxon signed ranks test: Z=-3,44; p<0,05 (p=0,001).

As shown the “negative ranks” = 24, which means that 24 participants experience pain in a **fewer** number of upper body areas after using Back App for 6 months compared to their experienced number of painful areas prior to the use of Back App equipment. 9 participants experience no difference and 6 participants a higher number of painful areas. The tables tell us nothing about the ‘amount’ or strength of pain experienced. However, this is a **statistically significant** result (as opposed to a random pattern) and strongly indicates, that more than half of the participants at KGH (approx. 62%, 24 out of 39) tend to experience pain in fewer areas of the upper body when using Back App for 6 months, compared to the use of ordinary office chairs. **The trend is the same whether we ask people after 6 weeks or 6 months.**

Since this field trial did not include a control group, caution must be taken when trying to conclude on the causes of the reduction in pain score. We cannot know for sure, whether other factors have contributed to the effect registered (confounding variables). The lower number of painful areas could stem from many other variables, i.e. we do not know what else has happened in the company in question here (KGH Custom Services).



Overview of painful areas indicated

- Q13 at Baseline and Q11 at 6 weeks and 6 months unfolded

Adding insight to the analysis we have looked at the distribution of painful areas indicated by the participants:

	No. of participants BASELINE	Percent of 39 participants	No. of participants FIRST follow up	Percent of 39 participants	No. of participants SECOND follow up	Percent of 39 participants
Shoulder and neck pain/stiffness	34	87,2	15	38,5	17	43,6
Headaches during or after work	13	33,3	5	12,8	5	12,8
Lower back pain/stiffness	22	56,4	22	56,4	16	41,0
Arm and/or hand pain	12	30,8	9	23,1	3	7,7
None of the above (pain score = 0)	2	5,1	6	15,4	11	28,2

Please note: The sum in each column does not add up to 100 %, since each participant were allowed to select multiple areas on their body.



The management of pain

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.

**If you experience pain during a normal work week:
How often do you eat "pain killers" to reduce this pain?**

Never, almost never 1-2 days during the week 3-4 days during the week 5-6 days during the week All week Not relevant to me

Responses to this were:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Not relevant to me	2	4,5	4	10,3	2	5,1
Never, almost never	27	61,4	26	66,7	30	76,9
1-2 days during the week	13	29,5	6	15,4	4	10,3
3-4 days during the week	1	2,3	1	2,6	2	5,1
5-6 days during the week	0	0,0	0	0,0	0	0,0
All week	1	2,6	2	5,1	1	2,6
Total	39	100,0	39	100,0	39	100,0

Note that the category "Not relevant to me" is included, so that participants not experiencing any pain or not wanting to answer the question, can give a meaningful answer to this question as well.

The pattern in responses across the field trial stays the same, making no additional analysis meaningful.



How often do you feel tired?

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.

How often do you feel tired at the end of a normal work day?

Frequently/every day Quite often Every now and then Infrequently Never

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Never	2	5,1	2	5,1	3	7,7
Infrequently	12	30,8	11	28,2	11	28,2
Every now and then	18	46,2	22	56,4	19	48,7
Quite often	6	15,4	2	5,1	5	12,8
Frequently/every day	1	2,6	2	5,1	1	2,6
Total	39	100,0	39	100,0	39	100,0

Wilcoxon Signed Ranks Test: Z = -0,35; p > 0,05 (p = 0,73)

Analyzing the data reveals no statistically significant reduction in the frequency with which participants feel tired after a normal work day.



Rating the ability to work

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.

This question regards the period you have been using Back App 2.0 and Back App 360.

During a normal week:

How would you grade your ability to work?

Low Somewhat low Moderate Somewhat high High

The response pattern from the surveys:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Low	0	0,0	0	0,0	0	0,0
Somewhat low	0	0,0	1	2,6	3	7,7
Moderate	10	25,6	8	20,5	11	28,2
Somewhat high	16	41,0	14	35,9	8	20,5
High	13	33,3	16	41,0	17	43,6
Total	39	100,0	39	100,0	39	100,0

No statistically significant trends were found here. If we trust the face value of this (participants experience an **unaffected ability to work** during the field trial).



Would you like to replace your regular chair to a Back App 2.0?

Would you like to replace your regular office chair with Back App 2.0 and Back App 360?

Yes

No

For obvious reasons this question was not asked in the baseline survey, but at the FIRST and SECOND follow up. The response pattern looks like this:

	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Yes	22	56,4	25	64,1
No	17	43,6	13	33,3
Total	39	100,0	38	97,4

Please note, that at the SECOND follow up one participant skipped this question, leaving 38 participants in the total (= 97,4%)

A positive attitude towards a continued use of the Backapp equipment is seen in 64 % of the participants.

Of course, the responses given should be seen in the light of "who is paying". The respondents here are not paying for a chair out of their own pocket. Maybe the response pattern would be different if they were to pay themselves.



Yes or no - elaborations

Please help us understand why you selected the answer above:
(why yes or why no)

On the following pages we have divided the statements into those stemming from yes or no indications, respectively. Note that all statements (typos and misspellings included) are the originals.

Please, also be aware that even though all statements are numbered, it is not possible to view equally numbered lines of statements as stemming from the same person.

The statements shown are merely included to give a flavor of the thoughts and reflections from the pro- and con-users of Back App equipment.



Yes – SECOND FOLLOW UP - I would like to replace my regular chair to Back App 2.0

1. x
2. Bra fo ryggen. Fått bra holdning.
3. Feels good
4. Mindre ont i ländrygg
5. It has made my lower back better
6. Good
7. Variasjonen mellom ordinär sittestilling, back app og stående.
8. .
9. I couldn't find a comfortable sitting position
10. I have not much of a neck and shoulder problem anylonger, so that is a huge relief.
11. Synes stolen er god å sitte på, har en bedre jobbhverdag, men fritiden er ikke endret. Har fortsatt smerter når jeg sover, hvis jeg ikke bruker medisiner.
12. The chair works better than an ordinary office-chair for me .
13. I like to sit on it but i dont think is any diffrent between that chair and my regular chair
14. Feeling better
15. Less lower backpain wich have been my problem for a while.
16. I feel less lower back pain using the back-app
17. Veldig god. Pga kroppsholdning
18. I feel much better, the back pain is not so strong compared to the time before. At the same time I feel much more awake during the night shifts and I am only using BackApp chair through the entire night shift.
19. Because I feel more awake, energic, stronger etc.
20. Jeg liker stolen veldig godt. Den er blitt et nødvendig tilbehör til arbeidsplassen og den hjelper meg til god holdning og at ryggen får gratis trening og god stimulanse til musklene.
21. I have not used my regular chair since receiving the Back App and have little desire to change back to it. I have only used the regular chair in a few meeting and it is in no way possible to sit as comfortable on that as on the Back App. I have barely had a tired back since using the Back App, and that is a new and nice experience :)



- 22. Had back pain quite frequently when using my normal office chair. No back pain after I started using Back App (...of course after the first days of adjusting to the chair)
- 23. .
- 24. I like it
- 25. Gets a better sitting posture and gets the bodystretched better



No – SECOND FOLLOW UP - I would not replace my regular chair to Back App 2.0

1. I didn't experience any difference.
2. I like to use it for 1 or 2 houers. But not for 8 hours.
3. When i use a normal office chair i feel lower back pain, when i use the back app i feel upper back pain
Between the shoulders/wings
4. Jeg fikk vondt i hoftene mine, og bruker den dessverre ikke lenger.
5. Får vondt i ryggen av den, foretrekker vanlig stol kombinert med å stå.
6. Jeg synes det er bedre å btuke den vanlige stolen og heller bli flinkere til å stå innimellom
7. Does not work for me, it is painfull for me to use Back App
8. It hurts my back more than before.
9. It doesn't feel good to use it a whole day (9h), but a few hours is okey.
10. Denne stolen er kjempe komfortable. Ved hjelp av stolen kan jeg jobbe uten å ha vondt i kroppen.
11. not ok for my body
12. Discomfort
13. Känns inte som något som passar mig bara.



Please tell us about your experience with Back App 2.0/360

Please tell us about your experience with Back App 2.0 and Back App 360 so far:

Again, it makes sense to divide the responses between those in favor of switching chairs and those not keen on the idea.

Yes – SECOND follow up (elaborations on the general experience with Back App)

1. x
2. Tipp topp tommel opp.
3. Very good
4. Bara +
5. It's been good. Sitting better and less pain in the back.
6. Good
7. Positiv
8. .
9. It doesn't work for me
10. I have used the Bak App 2.0 every day. Tried the old chair once to see how it felt, but it did not felt good at all.
11. Liker stolen, bruker platen lite, men står mer - da uten plate.



12. I was a little in doubt using the BackApp , as i suffer from fibromyalgia and experience body pains and aches every day, as I was afraid i couldn't get the rest and support needed. I'm happy to say I was proven wrong !
13. I am the same as I was before I begin to use the Back Upp Chair
14. Lesser pain
15. Its very good, indeed.
16. Positive experience so far.
17. Veldig god. Pga kroppsholdning
18. I am wondering if I liked it better if it was a bit broader.
19. Good
20. Jeg liker den veldig godt, og den hjelper meg til å beholde en frisk kropp.
21. I have barely had a tired back since using the Back App, and that is a new and nice experience :)
22. Great - just great! Recommend it everywhere I go when the subject comes up.
23. .
24. Good
25. Gets a better sitting posture and gets the body stretched better



No – SECOND follow up (elaborations on the general experience with Back App)

1. I didn't experience any difference.
2. I like it, but i want to have my regular chair as well.
3. Not so good, it does not make any difference for my back pain, it just moves the pain to another location.
4. Brettet syns jeg er veldig bra, men stolen kan jeg ikke bruke grunnet vondt i hoftene.
5. Får vondt i ryggen av den, foretrekker vanlig stol kombinert med å stå.
6. Jeg har ikke brukt den så mye grunnet sykdom
7. Not good experience.
8. I like the Back app 360, but not the chair.
9. It is okey. Got some neck and shoulders pain, but thats something i get regardless of whitch chair I use.
10. I begynnelsen hadde jeg vondt i kroppen. Etterhvert var det mye lettere å bruke BackApp. Nå kan jeg ikke tenke meg å bytte stolen til den gamle:-)
11. i have FM and think this dont fit my body with daily pain
12. Very bad
13. Använde den mycket i början och tyckte den var bekväm, jag gillade den. Men fick ofta ont i nedre delen av ryggen och tyckte det var jobbigt, även att hoppa upp och ner från stolen blev mer en utmaning än vad det var bekvämt. En bra stol, men jag väljer hellre min gamla stol som jag känner nu.

=== O ===

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September 4th 2019.