

BACKFRIEND®

Independent Product Reviews

The Good Web Guide website - "Best Health Buy"

This neat little accessory looks set to be as ubiquitous as silver scooters among the slipped disc contingent. Foldable, portable, it gives support to both the lumbar and thoracic regions of the spine. You can use it with any seat or chair, including cars, theatres and planes and it weighs just 4lb."

What Car? Magazine, December 1995, p.47

"The Backfriend is the only one we recommend. It can make a bad seat good thanks to its slim, fibreglass base and back. Beautifully designed to allow freedom of movement, excellent support while avoiding pressure points. It will work whatever the car although, because it raises you, tall bodied people should watch their heads. Highly recommended."

MDA Report A12, June 1995, pp.18-19

"...Six of the 7 subjects rated the Backfriend as comfortable or very comfortable, and 4 of these considered it to be more comfortable than their own car seat...all 7 subjects felt it provided good overall support, and 6 felt that it provided the correct amount of lumbar support...Subjects commented on the ease of fitting and portability and also on the firmness and texture."

Daily Telegraph, 12.12.92, p.XV

"Motorists who need extra support or who suffer from back trouble can take advantage of the Backfriend, an adjustable, hinged support to help you sit correctly. I have had one on standby for years, and also find it useful when working at a desk."

Health & Fitness, October 1991, p.70

"If your work involves a lot of sitting, the state-of-the-art Backfriend, supports both the upper and lower back and is adjustable and portable. (It was a big hit with everyone using computers at Health & Fitness)."

Good Housekeeping, September 1987 p.190

"This support is rigid and helps preserve posture. It would be good for the car and the office, because driving and desk-bound work aggravate back pain. It is well made, lightweight, portable, adaptable – an excellent piece of equipment."

British Osteopathic Journal 1983, 15.2

The Backfriend really comes into its own when used as a combined seat-base/backrest combination where the base helps to maintain correct anatomical relationship between pelvis and spine. It is equally suitable for car drivers, office workers, plane or train travellers and the backrest can even be used for support when semi-reclining in bed."

The design of Backfriend was directed by Dr J D G Troup, Ph.D, MRCS, LRCP, MFOM, F. Erg. S, who is internationally acknowledged as a leading expert in back pain.

The main cause of backache when sitting is biomechanical. Without a backrest the pelvis tends to tilt back and muscular effort is needed to prevent this; thus postural stress is imposed on the spine.

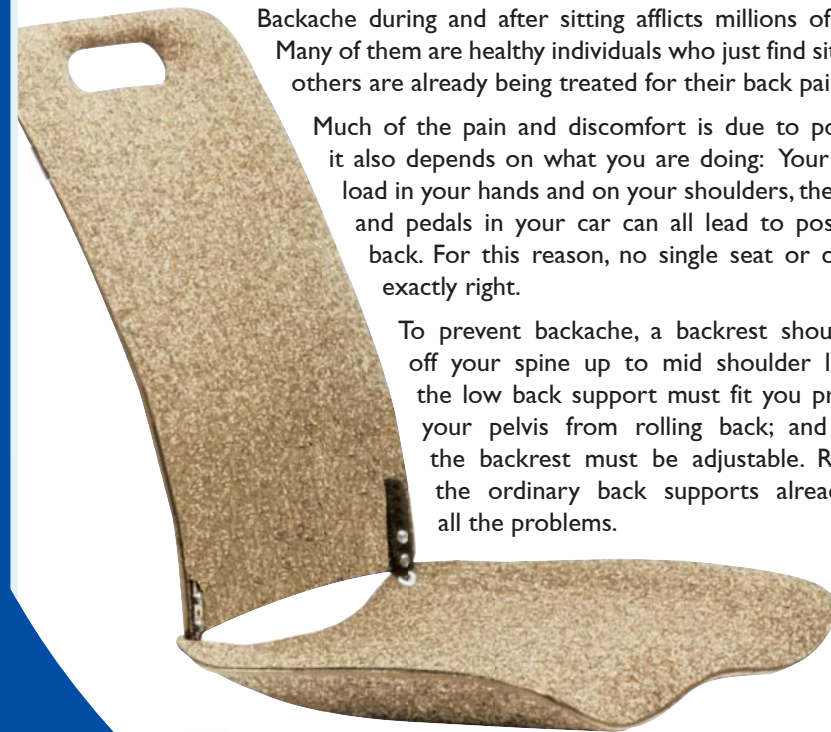
The design of the shape of the backrest is crucial and its height above the seat base also has to be controlled.

These are the main anatomical and orthopaedic considerations but, in addition, the essential need for adaptability and portability of the Backfriend posed a variety of problems in the design and construction of the ideal back support.

The Backfriend solves all these problems and is unique amongst products which aim to support the spine in the optimal position to avoid backache when sitting.

Backfriend design copyright © 1982

BACK SUFFERERS NEED BACKFRIEND®



Backache during and after sitting afflicts millions of people worldwide. Many of them are healthy individuals who just find sitting uncomfortable, others are already being treated for their back pain.

Much of the pain and discomfort is due to poor seat design but it also depends on what you are doing: Your angle of vision, the load in your hands and on your shoulders, the operation of levers and pedals in your car can all lead to postural stress on the back. For this reason, no single seat or chair design may be exactly right.

To prevent backache, a backrest should take the weight off your spine up to mid shoulder level; the curves of the low back support must fit you properly and prevent your pelvis from rolling back; and the inclination of the backrest must be adjustable. Regrettably, none of the ordinary back supports already available solved all the problems.

The challenge was therefore to develop a support that:-

- 1) was portable and would go into any chair;
- 2) needed no fitting, nor any straps to keep it in place;
- 3) supported both lumbar and thoracic regions of the spine;
- 4) gave full adjustment of backrest inclination; and
- 5) allowed the curve of the backrest above the seat-base to be height-adjustable.

All these requirements have been met in the Backfriend.

Exported
to more than
25 countries

Available from

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Sah & Sanghi
Group Company

BRINGS YOU RELIEF WHEREVER YOU ARE

At Home...

The design of chairs and seats does not always provide good lumbar support and as a result countless people find their backs become painful only when seated. Backfriend is a "seat within a seat" and is so convenient to use around the fireside, relaxing in the garden or you can use the backrest portion for support whilst semi-reclining in bed.

Such a simple way to bring more comfort into your own home.



In the Office...



Backache may seriously reduce working efficiency so if you are seated for long periods in your working life Backfriend will provide the same advantages and comfort as in your own home.

Those who experience any pain or discomfort when seated will find that it affects their concentration.

Let Backfriend make life easier.

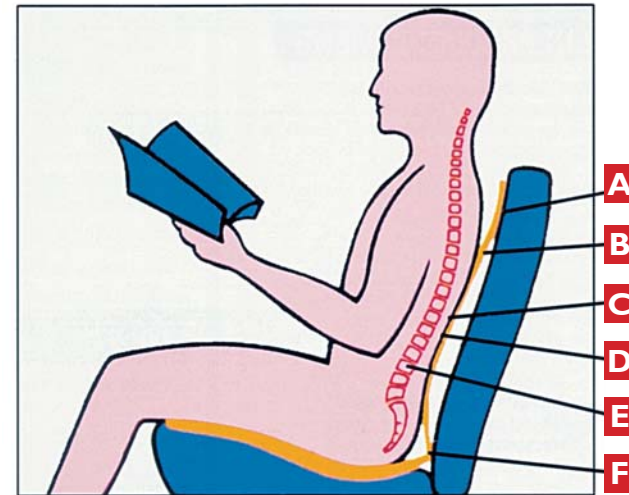
Or Travelling...

Travelling means sitting, sometimes for long periods of time, with no chance to stretch your legs and drivers, especially, are at risk. For the backache sufferer the seats in cars, trains, waiting areas and aircraft can be dreadful.

To avoid the pain all you have to do is take your Backfriend with you and you are sure of a comfortable seat anywhere.



AT LAST RELIEF..



BACKFRIEND®

Is designed from expert knowledge with the anatomical, orthopaedic and ergonomic aspects of painfree seating firmly in mind. And it is recommended by physicians and surgeons both in the UK and abroad.

Above all else the Backfriend is adaptable. Whether the chair you have to sit on is soft and sagging, as upright as a church pew or even a bench against a wall, Backfriend is designed to bring relief from backache or sciatic pain.

BRINGS YOU COMFORT
AND RELIEF. USE IT
WHEREVER YOU GO.
SUPER LIGHTWEIGHT

Backfriend is constructed from a strong material which is still very light to carry. The inbuilt handle and easy closing fastener enable you to carry it easily wherever you go.

- A** Hand grip for easy carrying.
- B** Robust lightweight construction
- C** Quality fabric covering
- D** Firmly padded for comfort in fire resistant CMHR polyether foam.
- E** Maximum anatomical support in spinal area.
- F** Easy to adjust hinges ensures back rest curve is always at the right height for every individual.

How to use BACKFRIEND®

1. Select the height of the backrest at which you are most comfortable.
2. For maximal relaxation, have the backrest at 15 - 20° from the vertical.
3. To get the best from Backfriend your thighs should be well supported by the seatbase. If your chair is too low, raise the seat base with cushions, if too high use a foot rest.
4. If used in a semi or fully reclined position, raise the front of the seatbase slightly to maintain your position.
5. As with any seat, avoid sitting for an extended period in the same position.
6. Do not carry wallets et al in trouser back pockets when using the Backfriend. The fabric may wear against the screws.