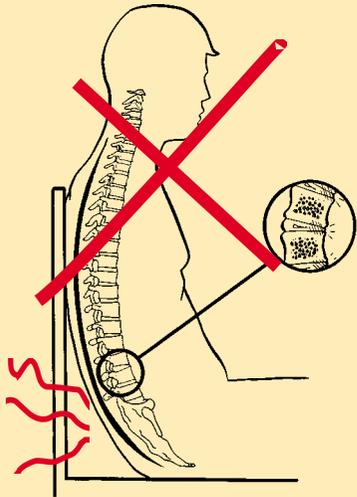


Don't slouch!

In its natural position the spine is slightly "S" shaped, which allows it to balance the upper body efficiently and with minimal effort.

It is essential to maintain this natural "S" shape when sitting to avoid excessive loading on the vertebrae that can cause pain and fatigue in the back and tension in the shoulders.

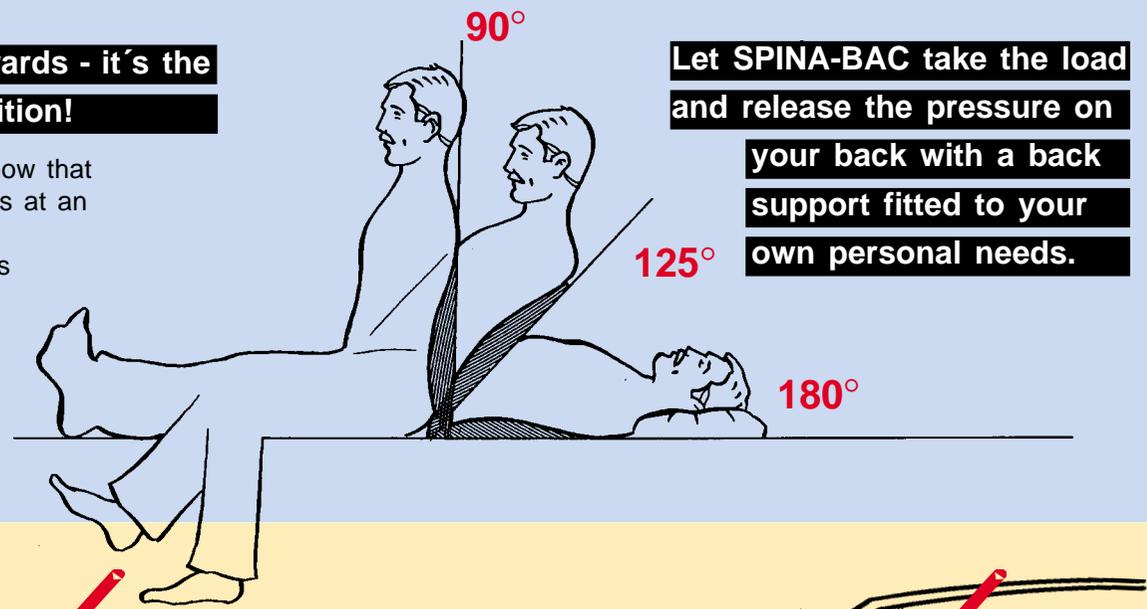
SPINA-BAC has been specifically designed to be strong enough to maintain this "S" shape even with the full force of the upper body leaning back on it.



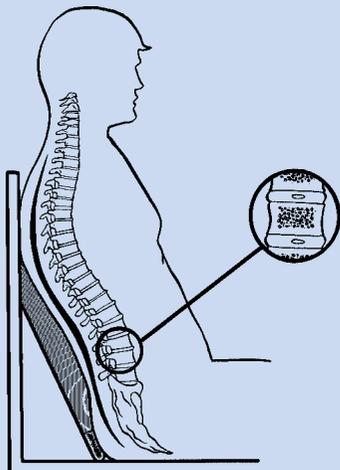
Always avoid sitting in a slouched position (as in the pictures marked "X") because the loads on the vertebrae and muscles in the back will be dramatically increased.

Recline backwards - it's the healthiest position!

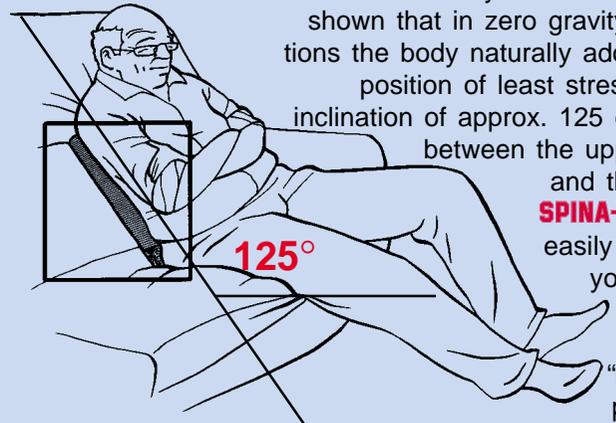
Medical studies show that reclining backwards at an angle of between 110-130 degrees is the most relaxing position for the back.



Let **SPINA-BAC** take the load and release the pressure on your back with a back support fitted to your own personal needs.



Always use a firm support for the back and recline backwards maintaining a natural "S" shape whenever you can. This will protect your back, shoulders and neck from fatigue and pain.



Studies made by NASA have also shown that in zero gravity conditions the body naturally adopts the position of least stress at an inclination of approx. 125 degrees between the upperbody and the legs.

SPINA-BAC will easily convert your chair to this natural "healthy" position.

With **SPINA-BAC** you can always sit upright or at an angle of your choice whilst maintaining perfect support for your back and making every chair = a chair tailor made for you.



SPINA-BAC®

SPINA-BAG®



SPINA-BAG® in the car



SPINA-BAG® at home

While back pain is something you share with millions of others, the exact shape of your back and spine is individual to you- almost

Adjustable to your own back

as individual as your fingerprints. The lumbar region of your back is the area most in need of firm support and varies in height from person to person through a 15 cms range. The depth of the "S" curve also varies between 2-4 cms.

SPINA-BAG® features a patented adjustment mechanism which accomodates these height- and depth ranges and together with the special steel springs make it easy for you to adjust it to your personal contours.



Relax with SPINA-BAG®

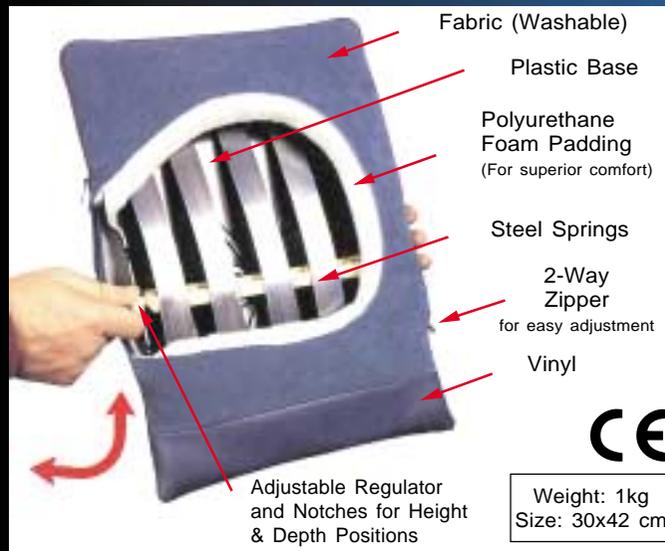
Praised by experts

SPINA-BAG® is an excellent support for both healthy and tired or sore backs and can easily be adjusted to everyone's needs. It is also very easy to carry around and can be used anywhere.

SPINA-BAG® is very useful when travelling by car, sitting in a conference or at home watching TV.



*Gerda Huld Mattson
Physiotherapist*



Adjusts to fit your own back

SPINA-BAG®

- Slim, elegant and attractive, **SPINA-BAG®** 's unique patented adjustment mechanism and special steel springs adjust in height and depth to the contours of your back.
 - The rigid baseplate maintains the "S" curve of your spine in all positions.
 - The special steel springs and polyurethane foam padding combine with the soft fabric cover to provide superb comfort.
 - The attractive high quality and hard wearing soft fabric cover is available in: blue, anthracit grey, burgundy or beige.
 - A special version with velcro straps is available for attachment to chair backs i.e. on wheelchairs etc.
 - Developed, designed and manufactured in Sweden to the highest possible standards.
- SPINA-BAG®** is patented in all major countries.



SPINA-BAG®

Manufacturer: Spina Medical AB, Sweden

Retailer:



SPINA-BAG®

A PRESCRIPTION FOR
BETTER BACK HEALTH



Backache?

