

MEDesign Backfriend

Back pain is a debilitating issue that many of us suffer on a daily basis. However, by adopting better posture, these pains can be somewhat eased.

I myself struggled at the start of the year with lower back pain and it's a miserable thing to have to endure. The MEDesign Backfriend is an orthopaedic seat, which provides both lumbar and thoracic support. It is designed to be portable, so you can use it at work, at home, in the car and even on public transport. The Backfriend is height adjustable so you can get a fit which best suits, with a padded seat and curved back support the Backfriend is comfortable and accommodating. The product is also available with a double padded seatbase option (an extra £4.50), which I recommend if using the Backfriend for long periods of time. Natural fleece covers are also available as an accessory, providing a high level of comfort to those who need a little more pressure relief. I

found it particularly effective whilst driving my partner's car (his seats are quite tired and soft which really plays up my lower back when driving for long periods). Weighing in at only 3.5lbs the Backfriend is lovely and light, coming in a varied selection of colours (8 to be exact).

The carry handle at the top makes it easily transportable. Having said that, due to the stiff curved design the Backfriend doesn't compact down well making it a bit bulky when carried. After trying it out for a prolonged period I can say for sure that the Backfriend helped with my lower back pain. I immediately noticed the difference once going back to driving without the back support and have even decided to purchase one for my friend (a long sufferer of back pain). Altogether, an impressive product that can improve your posture and eliminate back pain, it is worth every penny. RRP £61.50



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Pros

- Comfortable
- Lightweight
- Portable
- No straps or fittings to deal with
- Available in 8 colours
- Available single or double padded

Cons

- Not very compact