

MEDesign® Backfriend®

The design of Backfriend was directed by Dr J D G Troup, Ph.D, MRCS, LRCP, MFOM, F. Erg. S, who was 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 we believe it to be unique amongst products which aim to support the spine in the optimal position to avoid backache when sitting.



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 for 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 MEDesign 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 seatbase/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."

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