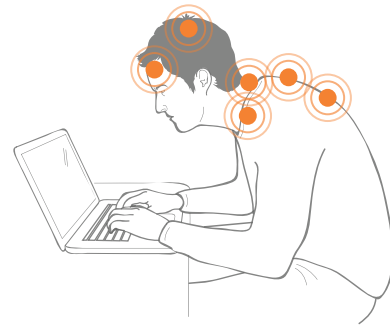


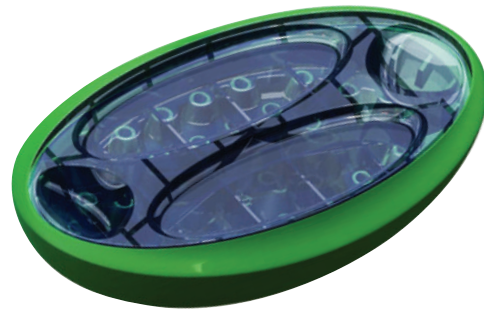


Lie back and treat yourself

- Three out of four people will get upper back or neck pain, including headaches.
- A hunched forward upper back underlies most neck problems - and we all have to bend forward to do things.
- This hunching has further increased with new technology like laptops, Tablets and Smartphones, which have small screens that cannot detach from their keyboards.



- The Backpod™ is designed to stretch out a tightened, stooped upper and middle back.
- The user guide includes the stretches, strengthening exercises, massage and posture you need to look after your own back and neck.
- Use the Backpod™ on its own or with treatment from your doctor, physiotherapist, osteopath, chiropractor, massage therapist or personal trainer.
- Instructional videos with stretches, strengthening exercises, massage and posture are on our website.



"I have worked as a New Zealand physiotherapist for over 30 years, specialising mainly in the treatment of backs and necks.

I developed the Backpod™ to enable my patients to manage and prevent their neck and upper back pain."



Steve August, B.A, Dip Physio