Versatility

Exercise

Relax

Therapy

Stay Young

Simplicity

1 As a slim stability ball, Back Vitalizer helps exercise the deep stabilizing muscles in your lower back and prevent them from tensing during prolonged sitting. It helps relieve back pain, prevent back stiffness and reduce back fatigue. It instantly transform your chair into an fitness/rehab center to strengthen your lower back and core stability.

It also helps preventing or slowing the age-related deterioration of brain, nerve, and muscle functions, to keep you younger and healthier.

2 As a posture positioning wedge, the Back Vitalizer helps effectively improve your sitting posture, by providing both neuromuscular stimulus and structural support, automatically.

It works with both your mind and your body.

3 As a lumbar support, it provides even and custom support to the backs of almost any shapes and sizes. Similar to its benefits to office workers, the Back Vitalizer also helps drivers prevent their deep stabilizing muscles from tensing, and fundamentally prevent back pain, stiffness and fatigue.

The benefits to commuting drivers, truck drivers, taxi drivers, police officers and city transit drivers are noticeable, immediate and indispensable.

4 As a lumbar bridge, it helps decompress lower spinal discs and nerves while providing neuromuscular feedback to deep stabilizing muscles. This allows patients with chronic back pain the benefit of decompression anywhere they go.

5 As a balance trainer, it enables independent 360°-motion for both feet. For those who are less-active or injured, Back Stabilizer permits safe and effective ankle and knee rehab exercises. For senior citizens, it allows safe and gentle equilibrium training which is vital in maintaining their neuromuscular youth and in preventing them from falling.

Source: Mayo Clinic, van Deursen, Chaffin & Andersson, Illi, Fitz-Ritson, Liebenson, Austin, Carriere, Sutera, Vera-Garcia, Moller, Olsson, Rogers, et al.
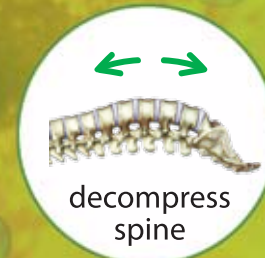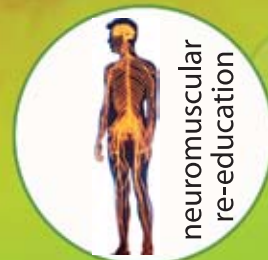
activate muscles
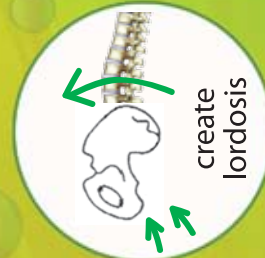
create lordosis

maintain curvature

decompress spine

neuromuscular re-education