Summary of Report from User Study 2009-03-27

Back App is a trainings apparatus (chair) which exercises the support muscles along the spinal column as you sit – Stronger back by sitting.

What do Users say about Back App?

After selling 11000 chairs we sent a questionnaire to persons who had bought Back App in Norway. The company Prognett AS arranged the independent study and sent the questionnaire to 605 persons. They received 278 replies.

Where do you use Back App?
Most of the users used Back App in the office (more than 69%). 11% bought another Back App to use at home.

Can you sit on Back App the whole day?
39,6 % said that they chose Back App all the time when they chose to sit. This proves that it is possible to use Back App as the only chair in the office after a period of training (the supporting muscles of the back get tired in the beginning, due to the exercising effect of the chair).

Why did you buy Back App?
64 % said that they bought the chair because they had problems in the back/neck or hip regions. But surprisingly many said that they bought the chair to prevent diseases, for exercise and ensure correct seating.

Did you receive any positive health effects from seating on Back App?
As many as 76,6 % said that they had experienced a significant positive health effect by sitting on Back App. Almost 50% said that they had less pains and many said that they were not so afraid of getting pains any more (this occurs once the pains have subsided). More than 26% said that they had become stronger and 10% said that they experienced more surplus energy.

Will you recommend Back App to other people?
As many as 96% said that they would recommend Back App to other people.

Back App AS will send the complete report from this study to you.
Contact us by e-mail mail@backapp.eu or call +47 63826311

Other reports:
1.   Rapport fra Spesialistundersøkelse 2005
2.   Analyses of Back App chair. AnyBody Technology, Aalborg Denmark 2006
3.   Report from Specialist study 2009