FORCE 118-26936

RESULTS

Field Trial at Siemens using Back App Equipment

Baseline, First & Second follow up surveys

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Field Trial with employees at Siemens Denmark, using Back App Equipment

The data presented here stems from a field trial executed in the company Siemens, Denmark. The field trial consists of 3 surveys, one prior to the use of Back App 2.0 and Back App 360, and two follow up surveys. The First follow up was performed after 6 weeks and the Second follow up after 6 months.

When reading this presentation, it is highly recommendable to have a copy of the questionnaires at hand. Due to the nature of the survey design, some questions did vary in their formulations across the Baseline, First and Second follow up.

All participant's responses to all questions will be presented here, and it is important to demonstrate caution on the interpretation of the results and possible trends spotted. The limitations in interpretations are presented at the relevant tables below, but throughout this field trial no control group has been part of the investigation, clearly making it difficult to identify a full picture of influencing variables (confounders) on the response patterns seen. It is quite possible that other factors than the use of Back App equipment are causing the trends presented here.

Background data

Initially the field trial included 64 employees, but for various reasons 17 of them have been excluded from the study, leaving 47 participants, whom have all completed the BASELINE, FIRST FOLLOW UP (after 6 weeks) and the SECOND FOLLOW UP (after 6 months).

As shown, most of the participants are female:

	No. of participants	Percent
Female	35	74,5
Male	12	25,5
Other	0	0,0
Total	47	100,0

The average age is 42,6 years, the youngest being 24 years and the oldest 67 years.

85% of the participants indicate their height as being between 160 cm and 182 cm:

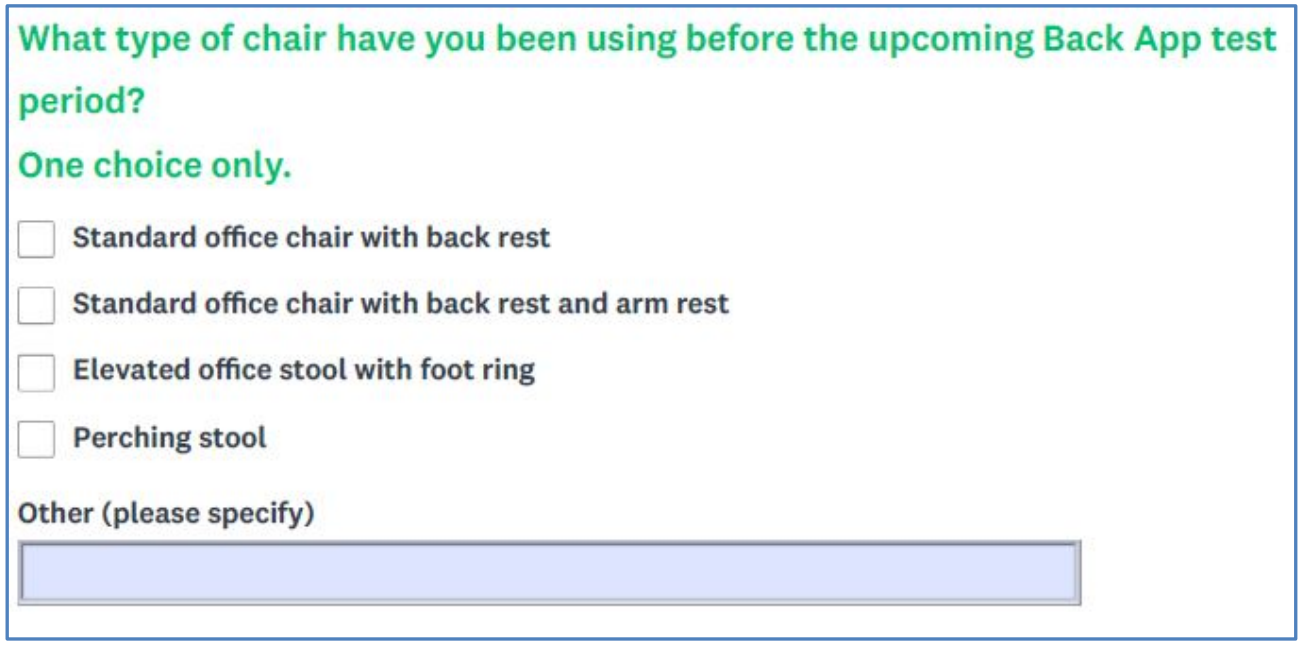
	No. of participants	Percent
Lower than 160 cm	1	2,1
Between 160 and 182 cm	40	85,1
Taller than 182 cm	6	12,8
Total	47	100,0

Almost all participants indicate their weight as being between 50 and 125 kg:

	No. of participants	Percent
Less than 50 kg	1	2,1
Between 50 and 125 kg	46	97,9
More than 125 kg	0	0,0
Total	47	100,0

Which type of chair did people use prior to the field trial?

At the baseline measure, we asked people the following question:

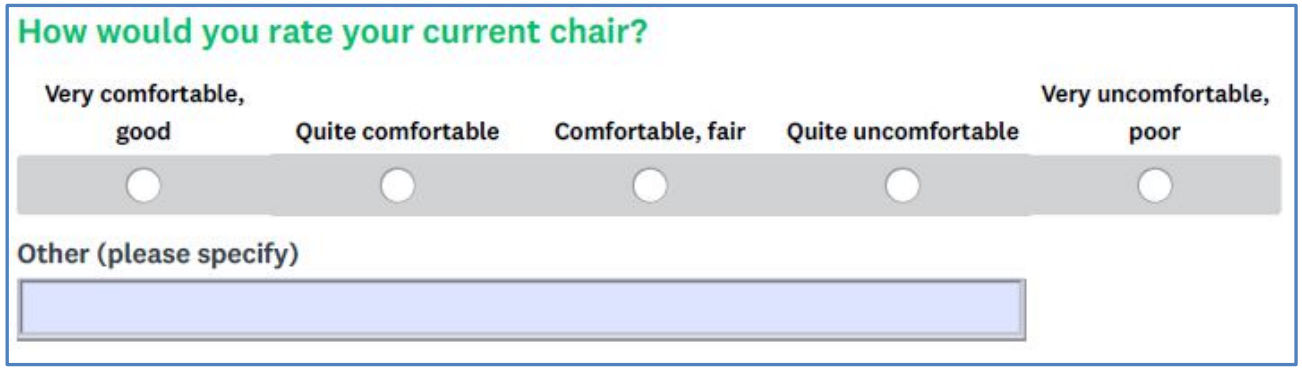


The responses are shown in the following table:

	No. of participants	Percent
Standard office chair with back rest	41	87,2
Standard office chair with back and arm rest	3	6,4
Elevated office stool with foot ring	3	6,4
Perching Stool	0	0,0
Total	47	100,0

How do participants rate their old chair?

We also asked them to rate their old chair:



The responses where:

	No. of participants	Percent
Very comfortable, good	3	6,4
Quite comfortable	9	19,1
Comfortable, fair	30	63,8
Quite uncomfortable	4	8,5
Very uncomfortable, poor	1	2,1
Total	47	100,0

Note that **5 people** rate their chair as either "**quite uncomfortable**" or "**Very uncomfortable**". Using a chair with that experience for many hours every day should raise concern.

How many hours do you **sit** during a normal work day?

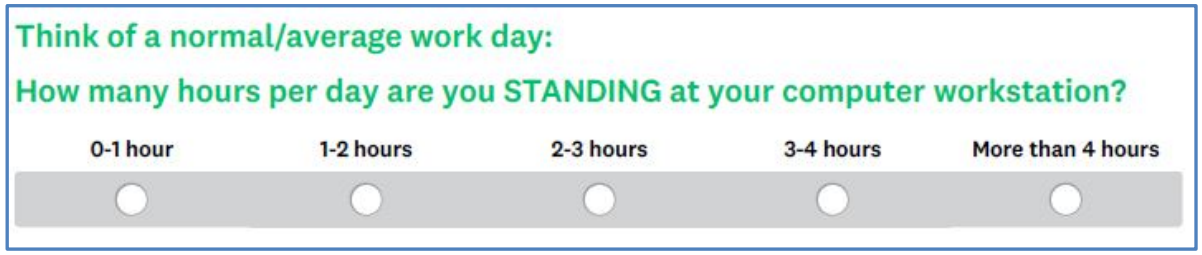
This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
0-2 hours	2	4,3	5	10,6	10	21,3
2-4 hours	4	8,5	10	21,3	7	14,9
4-6 hours	24	51,1	17	36,2	16	34,0
More than 6 hours	17	36,2	15	31,9	14	29,8
Total	47	100,0	47	100,0	47	100,0

The pattern seen at BASELINE changed in **a significant way** (e.g. looking at the second follow up), which means that participants at the second follow up indicate to spend **fewer hours sitting** at their workstation when using Back App 2.0 compared to using their old chair. *Wilcoxon signed rank test: Z=-2,73 p < 0,05 (p = 0,006)*. However, a cautious interpretation is needed: The formulation of the question at FIRST and SECOND follow up leaves room for a different interpretation. Participants might have answered the question believing they were required to indicate how many hours they are sitting on the Back App 2.0 only. Maybe they still have their old chair nearby and sometimes use this as their preferred device at the work station. Hours spend on the old chair are not included, which might bring the total hours spend sitting to a higher level than revealed through this question.

How many hours do you **stand** during a normal work day?

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.



	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
0-1 hour	27	57,4	30	63,8	28	59,6
1-2 hours	13	27,7	9	19,1	13	27,7
2-3 hours	3	6,4	5	10,6	3	6,4
3-4 hours	1	2,1	2	4,3	2	4,3
More than 4 hours	3	6,4	1	2,1	1	2,1
Total	47	100,0	47	100,0	47	100

In this case, the pattern seen at BASELINE did not change in any significant way, which means that participants at the second follow up indicate to spend the same number of hours standing at their workstation when having Back App 360 at their disposal. *Wilcoxon signed rank test: Z=-0,25, p > 0,05 (p = 0,81)*. The trend in responses might very well reflect that participants indicate the hours spend on the Back App 360, not including hours spend standing directly on the floor (at 6 weeks and 6 months). Since the formulation of this question at FIRST and SECOND follow up leaves room for different interpretations, the total hours spend standing might be higher than revealed through the table above.

How **often** have you experienced pain in the upper body?

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Never, almost never	9	19,1	15	31,9	19	40,4
Once a week	12	25,5	13	27,7	13	27,7
2-3 days a week	13	27,7	12	25,5	11	23,4
Almost every day	13	27,7	7	14,9	4	8,5
Total	47	100,0	47	100,0	47	100

Looking at the SECOND follow up column, 9 people have moved out of the category “Almost every day” and the number of participants in the “Never, almost never” has increased with 10. The people leaving the highest category are not the same as those entering the lowest, but still: They have all entered a lower category after using Back App equipment.

To check for the trend of participants experiencing pain in various areas less frequently when using Back App for 6 months (SECOND follow up), we have used the Wilcoxon Signed Ranks Test.

Ranks

		N	Mean Rank	Sum of Ranks
How often pain (SECOND) vs How often pain (BASELINE)	Negative Ranks	22[a]	14,41	317,00
	Positive Ranks	4[b]	8,50	34,00
	Ties	21[c]		
	Total	47		

a. How often pain (SECOND) < How often pain (BASELINE)

b. How often pain (SECOND) > How often pain (BASELINE)

c. How often pain (SECOND) = How often pain (BASELINE)

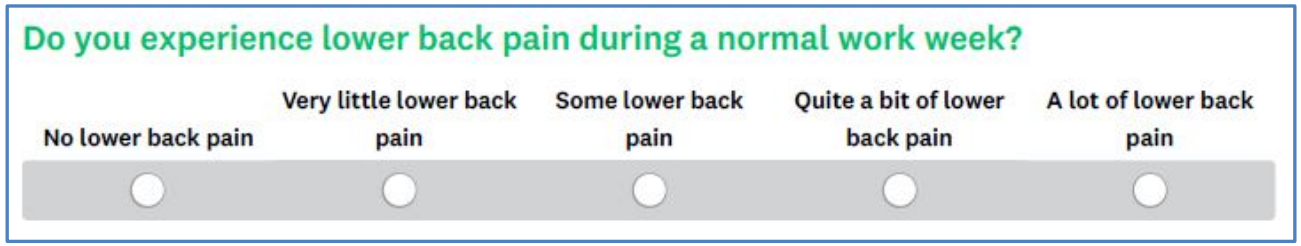
The Wilcoxon signed ranks test: Z=-3,71, p<0,05 (p=0,001).

As shown the “negative ranks” = 22, which means that 22 participants have indicated to experience pain **less frequently** after using Back App for 6 months compared to their frequency of pain experience prior to the use of Back App equipment. 21 participants experience no difference and 4 participants a higher frequency in pain experiences. The tables tell us nothing about the ‘amount’ or level of pain experienced. However, this is a statistically significant result (as opposed to a random pattern) and it could indicate, that a fair amount of people (47%, 22 out of 47) tend to experience pain **less frequently** in the upper body when using Back App for 6 months, compared to the use of ordinary office chairs.

At Baseline we ask people to think back 6 months and this might have an influence on the accuracy of the given responses since it is harder to remember the “history of pain” through 6 months without reminders along the way, rather than through 6 months, where attention for each participant is more focused on bodily pain, due to the participation in the field trial. Also, this field trial does not involve a control group, leaving room for uncertainty in the interpretation of where the less frequently experienced pain stems from (e.g. organizational changes, other work environment changes). Still: **The trend is the same whether we ask people after 6 weeks or 6 months**.

The experienced level of lower back pain

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.



Note that this question (at BASELINE) aims to the level of experienced pain in the lower back in general, and not with reference to the "past 6 months". The responses were:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
No lower back pain	9	19,1	14	29,8	23	48,9
Very little lower back pain	20	42,6	24	51,1	12	25,5
Some lower back pain	12	25,5	5	10,6	8	17,0
Quite a bit of lower back pain	5	10,6	3	6,4	3	6,4
A lot of lower back pain	1	2,1	1	2,1	1	2,1
Total	47	100,0	47	100,0	47	100,0

To check for the trend of participants experiencing pain in the lower back less frequently when using Back App for 6 months (SECOND follow up), we have used the Wilcoxon Signed Ranks Test.

Lower back pain: Better, worse or the same?

		N	Mean Rank	Sum of Ranks
Lower back pain (SECOND) vs Lower back pain (BASELINE)	Negative Ranks	25[a]	17,98	449,50
	Positive Ranks	10[b]	18,05	180,50
	Ties	12[c]		
	Total	47		

a. Lower back pain (SECOND) < Lower back pain (BASELINE)

b. Lower back pain (SECOND) > Lower back pain (BASELINE)

c. Lower back pain (SECOND) = Lower back pain (BASELINE)

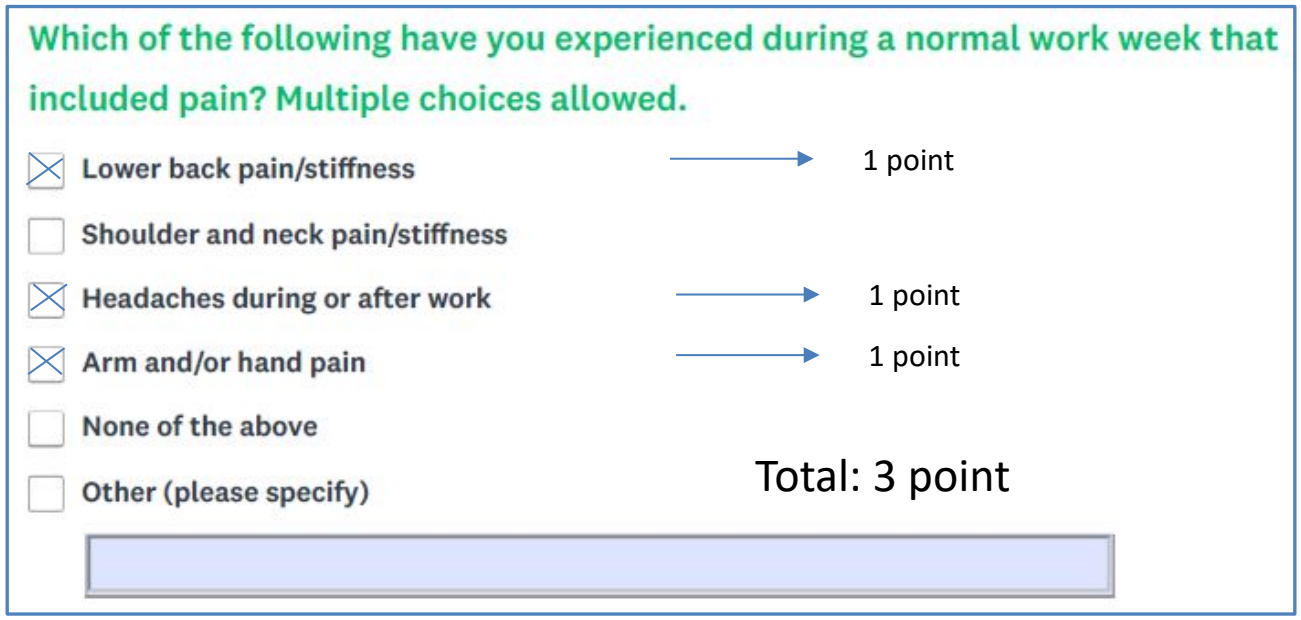
The Wilcoxon signed ranks test: Z=-2,27, p<0,05 (p=0,023).

As shown the "negative ranks" = 25, which means that 25 participants have indicated to experience **less pain in the lower back** after using Back App for 6 months compared to their level of experienced pain prior to the use of Back App equipment. 12 participants experience no difference and 10 participants a higher level of pain. This is a **statistically significant result** (p<0,05) and it indicates, that a fair amount of people (53%, 25 out of 47) tend to experience **less pain** in the lower back when using Back App for 6 months, compared to the use of ordinary office chairs.

As mentioned earlier, one must conclude on these trends with caution, since e.g. no control group was used in the field trial.

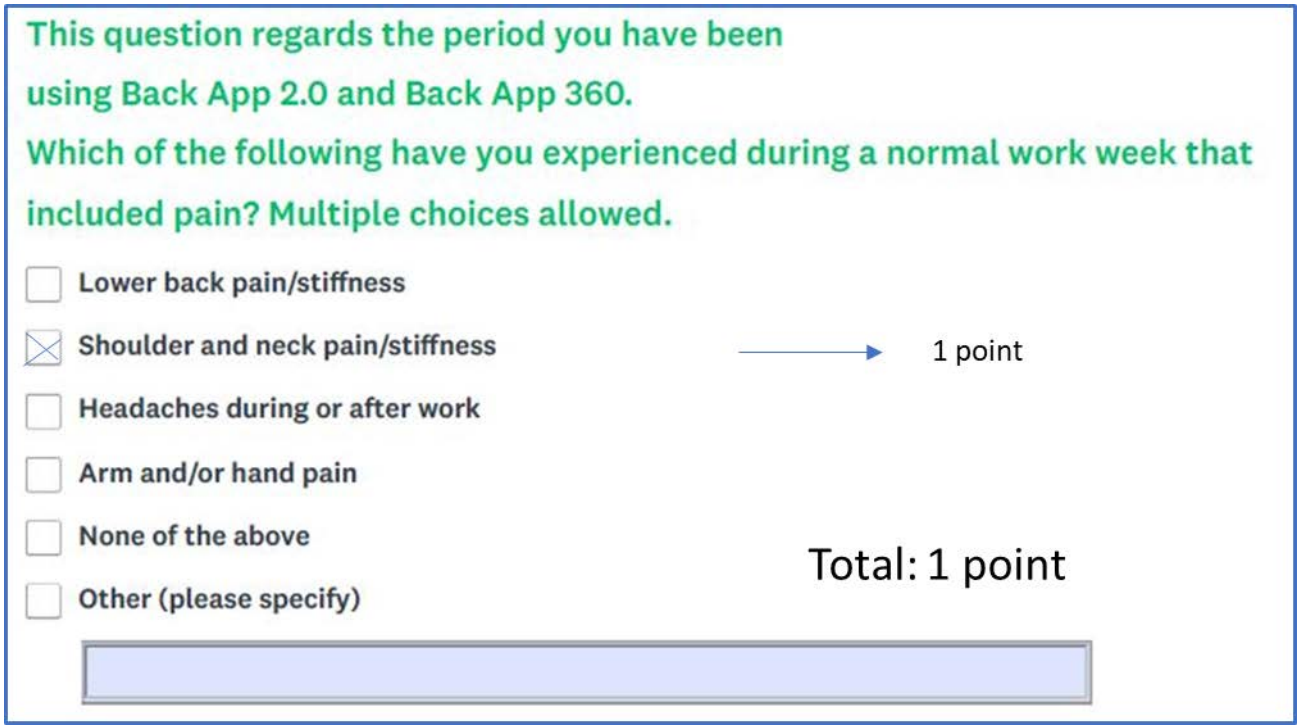
A significant reduction in the number of painful areas on the body

Baseline:



In this question participants can check several boxes to indicate the number of (and which) painful areas on the upper body. In the example above a participant has indicated three areas, which translates into a “pain score” of three. Thus, it is possible for a participant to achieve a pain score of 0 (zero) through 4. Reviewing the comments made in the “other”-category could of course qualify for an extra point, making it possible to obtain a pain score of 5 as a maximum.

The same question during FIRST and SECOND follow up looked like this:



As was the case with the Baseline questionnaire, participants could make use of several check boxes in the First and Second follow up. The example above shows one participant's follow-up pain score of 1.

The points achieved were:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Pain score = 0	3	6,4	6	12,8	9	19,1
Pain score = 1	17	36,2	21	44,7	24	51,1
Pain score = 2	13	27,7	13	27,7	12	25,5
Pain score = 3	9	19,1	7	14,9	1	2,1
Pain score = 4	4	8,5	0	0,0	1	2,1
Pain score = 5	1	2,1	0	0,0	0	0,0
Total	47	100,0	47	100,0	47	100,0

At **BASELINE**, only 3 participants indicated to be without any pain (Pain score = 0) in the upper body during a normal week. At **SECOND** follow up, this has changed to 9 participants.
The trend clearly seems to be that participants indicate a lower number of painful areas both in the first and second follow up, which is also confirmed in the statistical calculations:

Pain Score: Better, worse or the same?

		N	Mean Rank	Sum of Ranks
Pain Score (SECOND) - Pain Score (BASELINE)	Negative Ranks	23[a]	13,52	311,00
	Positive Ranks	2[b]	7,00	14,00
	Ties	22[c]		
	Total	47		

a. Pain Score (SECOND) < Pain Score (BASELINE)

b. Pain Score (SECOND) > Pain Score (BASELINE)

c. Pain Score (SECOND) = Pain Score (BASELINE)

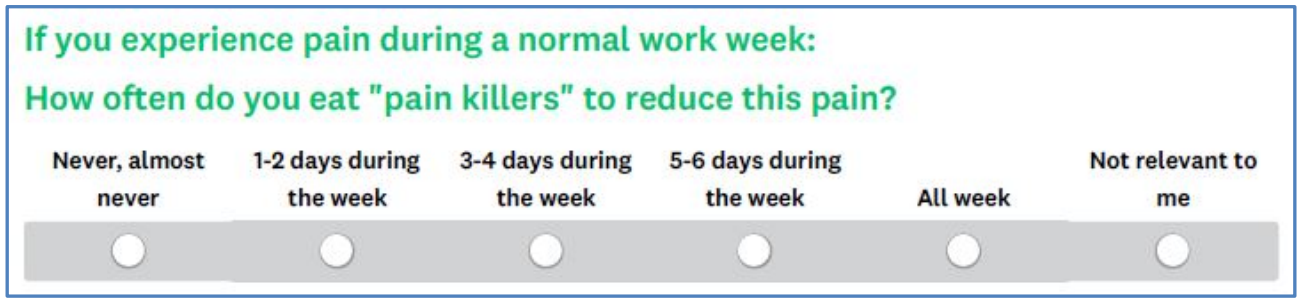
Wilcoxon signed ranks test: Z=-4,09, p<0,05 (p=0,0001).

As shown the “negative ranks” = 23, which means that 23 participants experience pain in a **fewer** number of upper body areas after using Back App for 6 months compared to their experienced number of painful areas prior to the use of Back App equipment. 22 participants experience no difference and 2 participants a higher number of painful areas. The tables tell us nothing about the ‘amount’ or strength of pain experienced. However, this is a **statistically significant** result (as opposed to a random pattern) and strongly indicates, that half of the participants (approx. 50%, 23 out of 47) tend to experience pain in fewer areas of the upper body when using Back App for 6 months, compared to the use of ordinary office chairs. **The trend is the same whether we ask people after 6 weeks or 6 months**.

Since this field trial did not include a control group, caution must be taken when trying to conclude on the causes of the reduction in pain score. We cannot know for sure, whether other factors have contributed to the effect registered (confounding variables). The lower number of painful areas, could stem from many other variables, i.e. we do not know what else has happened in the company in question here (Siemens).

The management of pain

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.



Responses to this were:

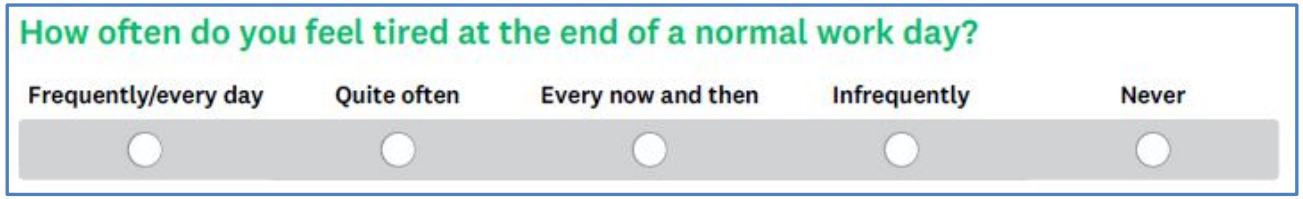
	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Not relevant to me	0	0,0	2	4,3	4	8,5
Never, almost never	39	83,0	41	87,2	35	74,5
1-2 days during the week	6	12,8	3	6,4	7	14,9
3-4 days during the week	2	4,3	1	2,1	1	2,1
5-6 days during the week	0	0,0	0	0,0	0	0,0
All week	0	0,0	0	0,0	0	0,0
Total	47	100,1	47	100,0	47	100,0

Note that the category ”Not relevant to me” is included, so that participants not experiencing any pain or not wanting to answer the question, can give a meaningful answer to this question as well.

The pattern in responses across the field trial stays the same, making no additional analysis meaningful.

How often do you feel tired?

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.



	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Never	0	0,0	2	4,3	1	2,1
Infrequently	9	19,1	13	27,7	18	38,3
Every now and then	15	31,9	22	46,8	20	42,6
Quite often	18	38,3	10	21,3	6	12,8
Frequently/every day	5	10,6	0	0,0	2	4,3
Total	47	100,0	47	100,0	47	100,0

Tiredness: Better, worse or the same?

		N	Mean Rank	Sum of Ranks
How often tired (SECOND) - How often tired (BASELINE)	Negative Ranks	28[a]	17,05	477,50
	Positive Ranks	5[b]	16,70	83,50
	Ties	14[c]		
	Total	47		

a. How often tired (SECOND) < How often tired (BASELINE)

b. How often tired (SECOND) > How often tired (BASELINE)

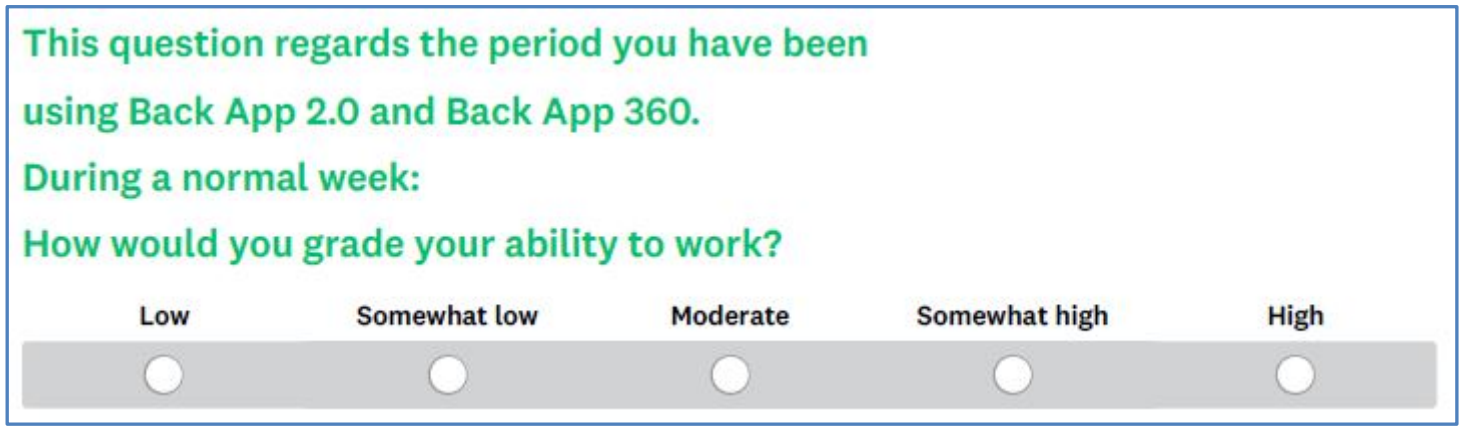
c. How often tired (SECOND) = How often tired (BASELINE)

Wilcoxon Signed Ranks Test: Z = -3,75; p < 0,05 (p = 0,0001)

Analyzing the data reveals a **statistically significant reduction** in the frequency with which participants feel tired after a normal work day. As always, one should caution the interpretation that the effect is caused by Back App equipment alone: At Siemens, workload changes in general over the months of the ongoing field trial, could have had an influence.

Rating the ability to work

This question varied slightly from BASELINE to FIRST and SECOND FOLLOW UP
Please refer to the questionnaire printouts for inspection of the questions asked.



The response pattern from the surveys:

	No. of participants BASELINE	Percent	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Low	0	0,0	0	0,0	0	0,0
Somewhat low	1	2,1	0	0,0	1	2,1
Moderate	5	10,6	11	23,4	10	21,3
Somewhat high	25	53,2	22	46,8	19	40,4
High	16	34,0	14	29,8	17	36,2
Total	47	100,0	47	100,0	47	100,0

No statistically significant trends were found here. If we trust the face value of this (participants experience an **unaffected ability to work** during the field trial), it could provide a nuance to the trend in the former question (feeling less tired). Even though participants feel tired at a lower frequency, the level of tiredness might not be so high (there is a difference between feeling VERY tired and just a little tired).

Would you like to replace your regular chair to a Back App 2.0?

Would you like to replace your regular office chair with Back App 2.0 and Back App 360?

- ☐ Yes
- ☐ No

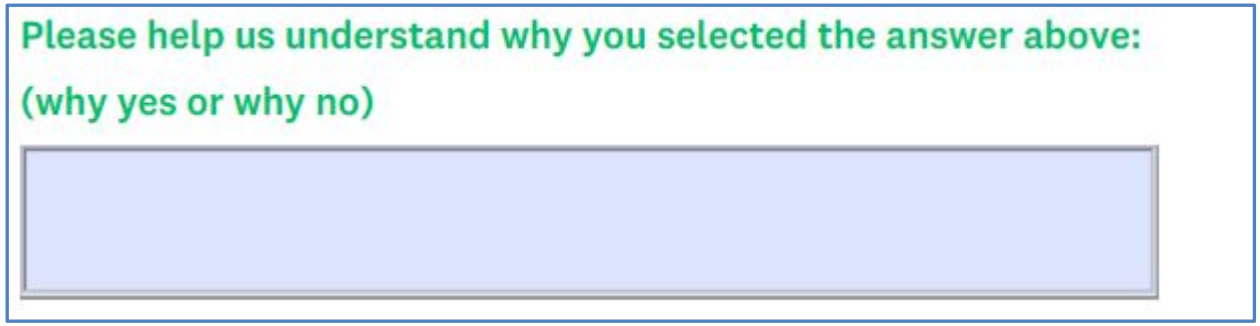
For obvious reasons this question was not asked in the baseline survey, but at the FIRST and SECOND follow up. The response pattern looks like this:

	No. of participants FIRST Follow up	Percent	No. of participants SECOND Follow up	Percent
Yes	35	74,5	29	61,7
No	12	25,5	18	38,3
Total	47	100,0	47	100,0

Which, after 6 months is approximately 62 %.

Of course, the responses given should be seen in the light of “who is paying”. The respondents here are not paying for a chair out of their own pocket. Maybe the response pattern would be different if they were to pay themselves.

Yes or no - elaborations



On the following pages we have divided the statements into those stemming from yes or no indications, respectively. Note that all statements (typos and misspellings included) are the originals.

Please, also be aware that even though all statements are numbered, it is not possible to view equally numbered lines of statements as stemming from the same person.

The statements shown are merely included to give a flavor of the thoughts and reflections from the pro- and con-users of Back App equipment.

Yes – SECOND FOLLOW UP - I would like to replace my regular chair to Back App 2.0

1. Ja med mulighed for at veksle mellem back app og kontorstol i løbet af ugen
2. Jeg tænker, det er godt ikke at være stationær, hverken når man står eller sidder ved sit skrivebord og arbejder
3. Det fungerer godt at være "aktiv" på stolen.
4. Har vænnet mig til at sidde på stolen, så foretrækker at forsætte med same sæde
5. x
6. The Back App chair is significantly more comfortable and supporting in decreasing both Headache and back and shoulder pain. Though the pain has increased significantly again over the last three months, this is also due to me not moving at all, but sitting for all my waking hours. The chair makes that bearable. It is a lot increasing my mobility.
7. Ved at jeg for hurtigt for skæve sidde vaner selv om jeg har en capisco stol. Bach App gør jeg focusere meere på at sidde korrekt.
8. Man sidder godt på den og jeg føler at jeg sidder mere ret, når man vel at mærke er opmærksom på ikke at sidde og falde sammen
9. Hvis jeg skal have en stol vil jeg hellere anvende Back App 2.0
10. Det er den bedste stol, jeg nogensinde har siddet på
11. Mindre problemer med ryggen
12. Jeg har fået en bedere holdning og har ikke ondt/smerter længere
13. Fordi at jeg synes jeg sidder bedre på denne stol
14. Det har hjulpet på nakkesmerter
15. Den tvinger mig til at tænke over min holdning - jeg ranker rygger per automatik
16. Jeg føler jeg sidder mere ret op, halvt stående og derved falder ikke sammen I ryggen.
17. Jeg kunne godt overveje at udskifte min nuværende stol med Back App 2.0, men er i tvivl om jeg vil komme til at bruge Back App 360
18. Har haft meget glæde af stolen. Ved at tvinge kroppen til at arbejde lidt mere, har jeg reduceret antal dage med smerter i ryggen.
19. Your question does not allow the best answer if someone only wants to replace one piece of equipment. Personally, I'd like to keep using Back App 360. My regular office chair is already an

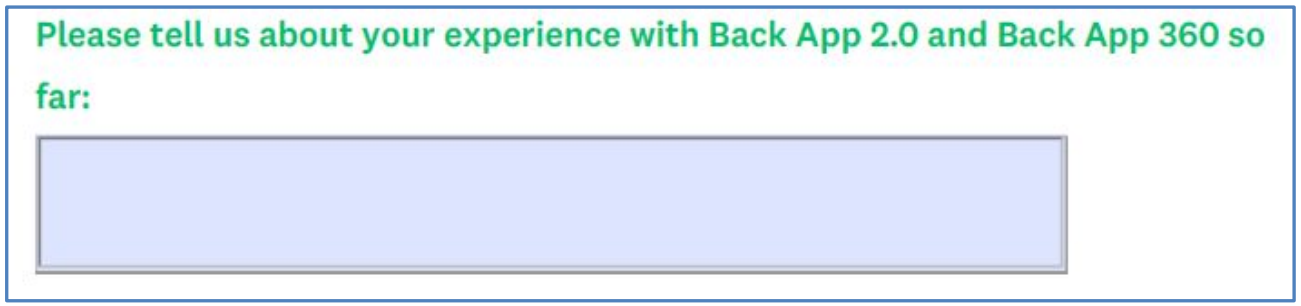
ergonomic chair and I prefer the minimal design over the Back App 2.0. I found my biggest improvement was the Back App 360 as it encouraged me to stand more frequently and for longer periods of time throughout the working day.

20. Det er nok bedre end en normal stol. Dog uden at jeg kan bevise det.
21. Nu har jeg endelig fået muskulatur til at side uden rygstøtte.
22. mindre smerter i nakke

No – SECOND FOLLOW UP - I would not replace my regular chair to Back App 2.0

1. jeg vil gerne supplere, så jeg bade kan brug Back App og en alm. stol.
2. Smærter i nakke
3. Jeg er begyndt at døje med smerter i hofter/ bækken og ned i benene. Stolen gør det værre, hvorfor jeg er stoppet med at bruge den. For mig bliver stolen for fastlåst i hoften/ bækken/ lysken og der er ingen mulighed for at tilte den en lille smule fremad. Jeg syntes ståbrættet er rigtig fint og det medfører også det ikke er så hårdt at stå op. Så det vil jeg gerne fortsætte med at bruge.
4. I would rather to have them as casual options during work days.
5. Smerter I hofterne ved at side med spredte ben
6. .
7. jeg har brug for den alm stol som supliment
8. Enten står jeg op eller også foretrækker jeg min almindelige kontorstpl. Jeg døjer ikke med nogle former for smerter nogle steder.
9. ..
10. Stolen låser mine ben fast. Den midsker benes bevægelighed. Jeg har problemer med at sidde med benene bøjet gennem længere tid.
11. bbb
12. Det er for hårdt at sidde på Back App og jeg synes ikke min lænd bliver bedre af det.
13. Jeg foretrækker en stol med ryglæn
14. Jeg synes, det er rart at komme højere op at sidde, men jeg oplever at jeg let får ondt i lænden, når jeg bruger BackApp stolen, derfor nej til spg 15. Der er andre stole, hvor jeg også kan komme højere op end en alm kontorstol.
15. Jeg har brug for noget som hjælper mig med at rette mig op og så syntes jeg at man burger mange kræfter på at flytte stolen rundt. mange vrid I hoft og knæ, trods underlag.
16. Har ikke helt taget stilling endnu, men hælder mod nej, da jeg ofte får skulder/nakke spændinger når jeg sidder på stolen
17. Udstyret forringer evnen til at koncentrere sig om arbejdet / arbejde bliver udført langsommere end normalt.
18. Træthed i lænd er forsvundet. Nu kun i nakke og højre arm/skulder

Please tell us about your experience with Back App 2.0/360



Again, it makes sense to divide the responses between those in favor of switching chairs and those not keen on the idea.

Yes – SECOND follow up (elaborations on the general experience with Back App)

1. Synes det har været rart at side mere oprejst
2. Fint
3. Som skrevet, min kropsholdning er blevet betydelig bedre, har ikke de samme smerter I kroppen, som ved tildligere stole. Samt jeg er blevet bedre til at komme op og stå.
4. Det har været positivt at bruge back app stolen, jeg bruger kun indimellem min alm kontorstol
5. En fin oplevelse
6. Gode erfaringer! Færre smerter i nakke/skulder.
7. Synes stolen er god at sidde på, men havde måske forventet at der havde været løbende kontrol af at man sidder korrekt på stolen ... for at undgå at man tillægger sig dårligdomme
8. x

9. See all of the above.
10. Focusere mere på at sidde korrekt, altså bruge kroppen mere.
11. Alt i alt en god stol. Man sidder godt.
12. Det har bevirket at jeg har taget beslutning om faktisk altid at stå op ved arbejdspladsen og det uden at føle behov for at bruge Back App 360
13. Utrolig god at sidde på, jeg er sluppet for hovedpine, nakke og skuldre smerter og smerter i lænden
14. På arbejdet
15. Der har kun været fordele, sidder meget bedre og har ingen smerter - desuden er holdningen blevet bedre
16. Jeg sad meget mere uroligt på den gamle alm stol, men på denne har jeg ikke samme behov for at ændre stilling, da jeg gør det helt automatisk.
17. Jeg kan mærke en bedre holdning og færre nakkesmerter
18. Positivt - jeg har en bedre holdning og har ikke så mange smerter I skulder og nakke
19. Jeg burger den hver dag, så jeg tænker ikke over det I det daglige, men er jeg til et længere møde, hvor der er alm. stol, bliver jeg træt I lænd/ryg og bagdel.
20. .
21. Igen, har haft stor glæde af stolen. Dog har jeg ikke brugt brættet så meget, som jeg håbede. Når jeg star og arbejder, star jeg ofte i en ret bred stilling, hvilket brættet er lige lidt for smalt til.
22. Positive experience. Great this was offered to me and my colleagues and appreciate Aalborg management took it up as an opportunity. Thank you!

No – SECOND follow up (elaborations on the general experience with Back App)

1. god afveksling mellem en alm. stol og Back App. sidder bedre. står mere op.
2. Gik fint i starten, men efter et par måneder fik jeg smærter i nakke og hovedpine, så jeg holdt op med at bruge stolen
3. Jeg syntes ståbrættet er rigtig fint og det medfører også det ikke er så hårdt at stå op. I starten var jeg glad for stolen, men jeg kan ikke bruge den længere uden at få ondt som nævnt ovenfor. Man skal lige vænne sig til at den fylder så meget nede på gulvet.
4. good and funny. comfortable!

5. Stoppet med at bruge det
6. .
7. ikke lever helt op til forventningerne
8. Brugte stolen i starten 3-4 uger men kunne ikke mærke nogen forskel. Jeg står op det meste af dagen, og når jeg sidder ned foretrækker jeg en stol med ryglæn.
9. ..
10. Jeg har sat hjulene til side, da det kører dårligt på platik underlaget, som ligger for at beskytte tæppet. De fylder meget. Jeg har skruet kuglen helt op for at kunne vippe mere og mere. Det har været godt, så jeg har nok fået en styrket muskulatur. Jeg har anvendt stolen samtidig med, at jeg træner 3-5 gange om ugen. (Træning består af: piloxing, bike, pilates, mave,balder, lår øverlser).
11. bbb
12. Jeg sad en del på stolen i starten, men gik mere og mere væk fra den. Nu sidder jeg kun på den en gang imellem. Jeg har ikke stået meget på balance brættet da jeg får ondt i lænden af at stå for længe.

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