The BackSaver™ provides excellent support for the lower back region and is especially designed to relieve back and neck complaints during prolonged seating periods when sitting behind a desk, during long car drives, or when traveling by air.

Directions for use:

- Hang the BackSaver™’s counter weight over the back of the seat.
- Seat yourself comfortably.
- Place the BackSaver™ at the preferred height against your lower back.
- Position your (car) seat at an inclination angle of approximately 120 degrees.
- Make sure your knees are lower than your hips.
- Keep a comfortable distance to the steering wheel.