



Lie back and treat yourself

## Backpod

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#### *For treating upper back and neck pain*

The Backpod is a practical New Zealand innovation for treating upper back and neck pain. It is especially effective for the very common hunched, tightened upper back which drives most neck pain and headache. Statistically, most people will get this problem sometime; one in six people have it right now; and everyone knows someone who is stooped and sore - especially working over a laptop.

The Backpod and its home care programme were developed by a New Zealand physiotherapist with 30 years' experience in treating back and neck pain. The videos show the simple exercises, massage, stretch and posture techniques found most effective to care for your upper back and neck at home.

The Backpod is a stand-alone home treatment device and programme. It also helps and enhances existing treatment from doctors, physiotherapists, osteopaths, chiropractors and other health professionals.

#### Features:

- Three out of four people will get upper back or neck pain, including headaches. It's that common
- 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® and its home care programme are specifically designed to treat the most common upper spinal problem in the world - a hunched, tightened upper back driving neck pain and headaches. The Backpod® also enables straighter posture and freer breathing
- Use the Backpod® on its own or with treatment from your doctor, physiotherapist, osteopath, chiropractor, massage therapist, personal trainer or other health professional

Code:	Description:	Qty:
BACKPOD	Backpod™	Each



**WHITELEY**  
HEALTHCARE

