

# Backpod®

Effective self-treatment for neck and upper back pain

Designed and made in New Zealand



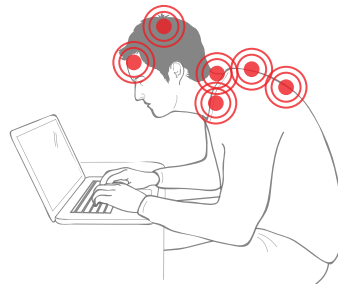
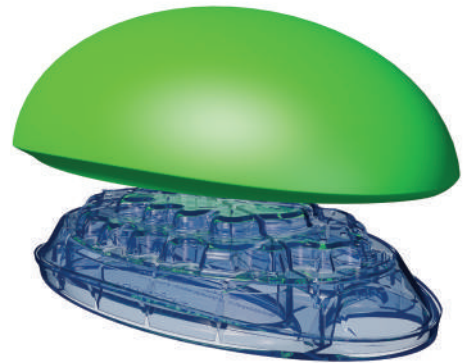
reddot design award  
honourable mention 2013



FINALIST  
NEW ZEALAND  
INNOVATORS  
AWARDS 2013

## Lie back and treat yourself

- 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.
- The free videos on our website and instructions in our user guide show you the stretches, strengthening exercises, massage and posture you need to look after your own back and neck at home.
- Use the Backpod® on its own or with treatment from your doctor, physiotherapist, osteopath, chiropractor, massage therapist, personal trainer or other health professional.



HOW TO USE



VIEW NOW

*"I have worked as a New Zealand physiotherapist treating backs and necks in my own practices for over 30 years. This amounts to over 40,000 personal patient treatments.*

*I developed the Backpod® and its programme from that expertise and experience in what actually works."*



Steve August, B.A., Dip Physio

Available in most New Zealand pharmacies. Pharmacode 2404982.  
Recommended retail price in store \$69.99 incl GST.  
Online orders (NZ and international): [www.quinspharmacy.co.nz](http://www.quinspharmacy.co.nz)  
Telephone orders: Inside NZ freephone 0800 784 677  
From outside NZ phone +64 3 208 7359  
Wholesale price available to health professionals and corporates.

Bodystance®

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