Backpod®

Designed and made in New Zealand

Effective self-treatment for neck and upper back pain

reddot design award
honourable mention 2013

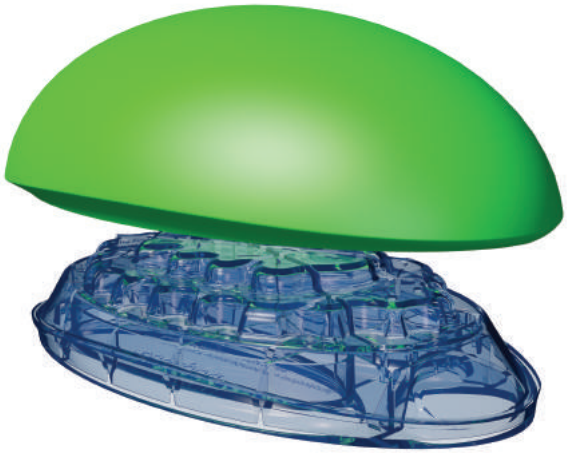
German Design Award
SPECIAL MENTION 2015

Bronze.
Best Design Awards Winner 2013

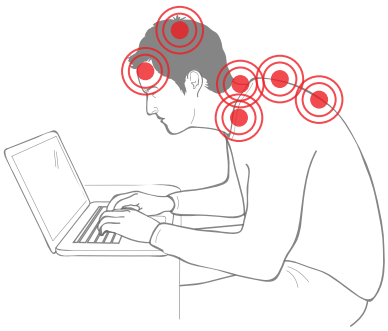
FINALIST
NEW ZEALAND INNOVATORS AWARDS 2013

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 and get back towards perfect posture.
- Use the Backpod® on its own or with treatment from your doctor, physiotherapist, osteopath, chiropractor, massage therapist, personal trainer or other health professional.



The Backpod

Find us on: facebook

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

Bodystance®

The Backpod is shipped to most countries in the world.
Online ordering: go to the BUY page on our website **www.backpod.co.nz**
Wholesale pricing is available to health professionals and corporates.

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