

## A cheap and effective solution to lower back pain caused by sitting.

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I have been working on computers full time for over 15 years now, and suffering from related back pain for about 9 years. In that time I have literally tried every ergonomic chair on the market. Okay, there are a few I haven't tried due to not being able to find them in a showroom, but here's a short list of what I've tried in recent memory...

- Herman Miller Aeron Chair
- Herman Miller Mira Chair
- Humanscale Freedom Chair
- RFM Verte Chair
- Stance Angle Chair (with Plasma 2 System)
- Various HON chairs
- Various generic chairs

I have also experimented with rock climbing harnesses and have considered getting an electrical tower climbing harness so that I could suspend myself in front of the computer. Nothing I have tried has worked very well and I have spent many thousands of dollars over the years searching in vain for a real solution. I currently own an Aeron chair for my home and a cheap imitation Aeron at my office. Yes, the Aeron is pretty good if you don't have serious lower back issues, but my lower back, especially around the sacral joint, cannot tolerate any computer chair for longer than about 15-20 minutes.

In my most recent frenzy of chair and back wedge purchasing, I happened upon a thing called a "Back Up" by Nada Chair. It's a very economical back support that has straps that loop around your knees and offers fantastic lower back support that you can use almost anywhere. After several days of use, I can honestly say that I've never found a product that works this well to alleviate sitting-induced lower back pain. It's better than any wrap-around velcro back support. And no chair could ever come close to the level of support it offers. Even in the best ergonomic chair, computer users tend to lean forward so much that the chair's back support doesn't even touch the their back. The Nada Chair "Back-Up" totally solves this problem because it moves with you as you lean forward, while maintaining a very high level of support. For about \$53, it does more for my back than the most expensive chairs out there. Yes, you will have to have some humility to wear it in public, but if you've suffered for as long as me, you probably could care less how it looks as long as it alleviates your back pain. Anyway, if you want to buy one, please click my ad so I can make a buck or two for telling you about it. I wish I'd found this thing years ago. If you've tried everything else, don't give up until you've tried the Nada Chair. More reviews will follow as I have time to write them.