

## BackJoy relief is Not a Simple Cushion And It Doesn't Work like One.

We believe that in order to get real relief while you sit, you need natural and balanced posture, much like you have when you are standing. In order to achieve this balance your pelvis must be able to move freely while you sit. Where your pelvis goes, the rest of your back follows.

When you sit without your BackJoy Relief, your pelvis will be stuck in one immobile position. The problem is that we move when we sit. One study proved we move more than fifty-three times a minute! Even if you have the best posture possible, when your pelvis cannot move your body will strain to hold your back erect. Unnatural pressures and strains will aggravate injuries or back conditions that create pain.

The secret to BackJoy Reliefs ability to provide relief for such a wide variety of back conditions is this: BackJoy Relief will maintain your proper spinal alignment and provide natural, balanced posture while you move!



### FREEDOM

Prevent Pain and Injury  
Sit Better, Feel Better  
More Energy



**BackJoy**  
GOOD POSTURE | GOOD HEALTH



### GET MORE OUT OF LIFE



"Works ANYWHERE, Hard or Soft Seats."

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## SIT, SNUG, & SKOOTCH

Watch a video lesson at: [WWW.HOWTOSIT.COM](http://WWW.HOWTOSIT.COM)



**Place** BackJoy on the seat you use most often so the handle rests between your legs.



**Sit on top** of it Sit on top of BackJoy making sure it is completely underneath you. The back of the unit will be snug to your body and there will be no room between you and the product.



**Pull it tight and cup to fit** Pull it snug with the handle or reach behind and push it against you. Make sure you are completely on top of it, and it is snug underneath your tailbone. You will feel it raise and lift your hips from below.



**Remove and feel the difference without** Remove BackJoy from under you and sit back down. Feel your buttocks flatten and spread under your body weight. Feel your pelvis fall backward and compress. Feel strain and tension radiate from your low back. Notice how much lower in the seat you are sitting.

That's regular sitting.

**Isn't it Better with BackJoy?**

### Incorrect Use:

There are two common ways to incorrectly use BackJoy:

1. Placing it behind you with the handle at your back.
2. Sitting too far in front of BackJoy with space between you and the product.

If you do not sit on top of BackJoy correctly, you will not experience BackJoy's benefits.

## How Often Should I Use it?

Make sure you have followed the sitting instructions and pulled BackJoy Relief snug under your buttocks and "skootched" back into your seat properly. Sometimes changing your sitting posture can cause temporary discomfort - like going to the gym for the first time. Your muscles, joints, and ligaments may need time to adjust and relax. In this case limit usage to 15 minutes, then 30, and upward over a few days or weeks. If there is an increase in pain, stop using BackJoy Relief and consult a medical professional.

## Where can I use it?

Take it everywhere you sit-hard or soft seats, indoors or out.



## Will BackJoy Work for my Condition?

We have heard from thousands of BackJoy Relief enthusiasts who have found relief from a wide variety of ailments with BackJoy Relief. BackJoy Relief will not cure your back pain, but it will relieve the pressures and strains caused by sitting that aggravate your underlying condition so you can be comfortable. Here are just some of the conditions we've been told BackJoy Relief is helpful: Low back pain, Herniated discs, Degenerated discs, Compressed Discs, Back Injuries, Hip Injuries, Neck/Cervical pain, Sciatica, Coccyxnia (sore tail bone), Scoliosis, Spinal Stenosis, Osteoporosis and many more...

### Avoid Excessive Heat:

Prolonged exposure to heat and sun (above 150°F) will cause warping. Do not leave in direct sunlight or car on high temp days.

## Is This the Right Size For Me?

BackJoy Posture+ is a small on purpose. To work it must be smaller than your buttocks. It is designed to cradle the 4"-5" space around the two sitting bones at the base of your pelvis. It is most effective for adults between 120 and 300 lbs. If you weigh less than 120 pounds, go on-line at [www.backjoy.com](http://www.backjoy.com) for sizes 70 to 120 pounds.

## Does BackJoy Work on Soft Couches?

Yes, BackJoy Relief's Applied Postural Science will be active when you sit on soft cushions. It is important to note that when you sit down into the soft cushions of a couch, your gluteus muscles can stretch and flatten even more than they do when you sit on a hard chair. Stretching and flattening will aggravate back pain.

## When Should I Feel Results?

Many users experience immediate relief. Some require several weeks of regular use to feel the benefits of BackJoy Relief. Your results will depend upon your BackJoy Relief. If you don't feel any change when you sit on BackJoy Relief, make sure you have closely followed the sitting instructions and your buttocks muscles are firmly cupped.

## How to Clean Your BackJoy Relief:

Wash with mild soap and water.

