

Don't wait until you have a bad back!



SpinaliS - sit healthy, feel great!

Active sitting for Active people

What is active sitting?

Active sitting is sitting while activating and strengthening your back and core muscles. Such sitting requires a chair with a movable seat, which stimulates the user to keep balance in the body and activate the core muscles. SpinaliS health chair forces us to keep correct posture with an upright spine. Such body position provides relief to intervertebral discs, reduces back pain and increases our physical fitness.

Active sitting on SpinaliS is the healthiest way to sit for an entire day.

Be in Balance

Think about when you feel best? How does it feel on top of a mountain, where your lungs are full of fresh air and you feel that your whole body is bursting with energy? How do you feel after winning a tennis match or after a relaxing yoga class? What does your body tell you when it is pleasantly tired by the pool wrapped in a towel, or you have ridden your mountain bike into the garage? Vitality and well-being come from balance. When everything is just right: just the right activity and just the right amount of rest.

Anyone who is aware of this is on track to providing their body the best possible care.

Over 100,000 satisfied customers in Europe

Living without unbearable pain, which does not choose gender or age, is the dream of many people. So far, SpinaliS has already helped over 100,000 satisfied customers and provided them with SpinaliS chair and a life without back pain.

SpinaliS heath chair

RELAXES stiff neck muscles

ACTIVATES

weak back and abdomen muscles

REMOVES back pain

IMPROVES
straight body no

straight body posture

PREVENTS scoliosis of the spine

STRENGTHENS deep stabilizing muscles

REDUCES

pressure on intervertebral disc

RELIEVES pressure on the lungs and stomach

ALLOWS unique mobility of the pelvis

IMPROVES blood circulation in lower limbs

SUITABLE for all day sitting

ACTIVE SITTING: PASSIVE SITTING



SpinaliS chair

A unique movable seat on a spring ensures the mobility of the pelvis, strengthening abdominal and back muscles, keeping the spine in its correct position while preventing irreversible changes to the spine and so eliminating back pain.

SpinaliS is the healthiest way to sit all-day long.



Swiss ball

Orthopaedists and physiotherapists recommend using Swiss balls to anyone with back pain, because they enforce active sitting. This ensures proper posture and strengthens the abdominal and back muscles. However, it is not recommended for prolonged use.



Ergonomic and office chair

Around 95% of movement during seated work is side movement (reaching for mouse, phone or computer). With every move our vertebrae and discs are compressed in an unnatural way.

Sitting on a chair with a fixed seat causes pain and damage to the back.

Avoid the consequences of a bad back!

According to the recent statistics, over 80% of individuals experience pain in their spine at some point in their lives. Back pain remains one of the most common reasons to visit a massage therapist, physiotherapist, or chiropractor. In Canada, medical expenditures with respect to low back pain are estimated between \$6 and \$12 billion annually and the number is rising. Due to the loss of worker productivity, resultant time off work and the associated disability payments low back pain and related ailments have a significant economic impact on our society.

SpinaliS can both, prevent and fix a bad back!



»SpinaliS is important for preventive measures«

The idea of constructing a chair with a moving base or moving seat seems to me to be one of the very important things in preventing the degeneration of the discs. Because of the constant movement of the seat back muscles have to work constantly, so there is no unilateral burdening of the spine and l discs, but the burden is distributed to the entire spinal area, sometimes more on one side, sometimes more on the other.

I would recommend this chair to patients with low back pain and other parts of the spine, especially for people who sit a lot or are in a forced sitting position at work, to prevent the most frequent problems related to the spine. It seems to me that this is one of the important preventive measures to reduce spinal problems.

Prof. dr. sci. JANKO POPOVIČ, Dr. Medicine - Orthopaedist

HACKER

...pleasant in summer and winter

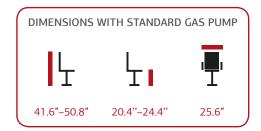


Thanks to its design, Hacker can be adapted to most body types.

SpinaliS Hacker has a height adjustable movable seat. Sitting on a movable seat that mimics movements of the user ensures proper posture. It prevents back pain and escalating health complications. An ergonomic backrest equipped with a breathable mesh supports the curvature of the spine. You can adjust the height of the backrest (with armrests). Hacker chair has black metal frame, chrome frame is available for an additional cost. Chair's upholstery is available in eight basic colors, the backrest mesh only comes in black. More information regarding various colors and types of materials can be found at the SpinaliS website or in SpinaliS stores.







SpinaliS **APOLLO**

...easy breezy day at work

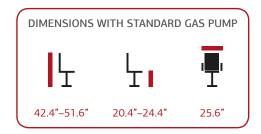


SpinaliS Apollo is a great healthy chair popular especially among women under 6' in height.

A seat propped on a spring mimics the movements of a user and activates back muscles. The chair will not allow you to sit in an improper position thus preventing a curved spine. The ergonomic shape of the backrest supports the spine in the lumbar area. You can adjust the seat and backrest height. Apollo chair has black metal frame, chrome frame is available for an additional cost. The chair's upholstery is available in eight basic colors, as well as many custom colors and materials can be found at the SpinaliS website or in SpinaliS stores. Visit and see the diversity of SpinaliS chairs. Perhaps Apollo will be your best choice.







SpinaliS SPIDER

...comfort and luxury in one



Thanks to its design SpinaliS Spider is very popular among managers. Its comfortable seat and its thick upholstery are also suitable for plus size users.

Seat propped on a spring mimics the movements of a user and activates back muscles. You can also adjust the seat and backrest's heights. Both seat and the backrest are very comfortable. The backrest is specially shaped and slightly angled to the back, offering a comfortable and pleasant position. SpinaliS Spider is made from a combination of prestigious Alcantara and microfiber materials, which make up for an extremely elegant look and is also very nice to the touch. The basic model is available in three different upholstery colors with a black metal frame. Chrome frame is available for an additional cost. We are confident that you will be impressed with its design, comfort and functionality.



THREE AVAILABLE UPHOLSTERY COLORS







SpinaliS NAVIGATOR

...a health chair suitable for tall users



SpinaliS Navigator differentiates itself from other models by an elongated backrest, so it is ideal for people taller than 6'2", and can accommodate those with up to 7'. It is also popular with others users who like to rest their head on the headrest.

You can adjust the seat and backrest height. Navigator chair has a black metal frame, chrome frame is available for an additional cost. Upholstery is made of so suede like fabric – Dynamica, available in eight basic colors. Further information on custom colors and materials can be found on the website or at SpinaliS stores.



EIGHT AVAILABLE UPHOLSTERY COLORS INCLUDED IN THE BASIC PRICE



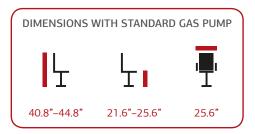
ERGONOMIC

...rescuing of employees' spines



The Ergonomic model is one of the newest models among SpinaliS chairs. Its shape and properties are the result of years of experience of our engineers. Similary to all SpinaliS chairs, Ergonomic's seat allows the body to move freely in all directions, providing greater comfort of sitting without back pain. SpinaliS Ergonomic is designed for everyone who spends a lot of time sitting and is looking for a high quality product at an affordable price.

SpinaliS Ergonomic is equipped with an unique movable seat and a mesh backrest. Ergonomic chair comes in a black metal frame and in two types of upholstery - Microfibra or Renna, both available in eight standard colors. The backrest made of high quality mesh is permanently attached to the armrests and the chair's frame. Upholstery is easy to maintain and very pleasant to use.





EIGHT AVAILABLE BACKREST UPHOLSTERY COLORS INCLUDED IN THE BASIC PRICE









light brown

grey

brown

EIGHT AVAILABLE SEAT UPHOLSTERY COLORS









blue

K706 light brown







R119 light brown



R824 brown

R500 blue

BASIC KIDS

...healthy spine for the youngsters



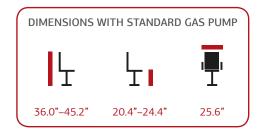
Basic KIDS is suitable for children from 4'-6'. At the beginning it is recommended to use the foot ring that can be easily removed once the user's height exceeds 5'. The seat and backrest height adjustment feature allows the chair to "grow" along with your child.

Back pain prevention should start in childhood. Preschool children are physically very active, but when starting school they are suddenly forced to sit quietly for many hours. Bright colors and patterns will make your kids love sitting even when doing their homework. Basic Kids comes in a black metal frame, and also four different colored frames – in blue, green, orange or violet – are available for additional cost. For Basic Kids upholstery colors please see SpinaliS Basic model, however SpinaliS Basic can be customized according to your children's favorite colors, patterns or decorations. More details about additional colors and materials can be found on the website or in SpinaliS stores.

EXAMPLE UPHOLSTERY COLORS







BASIC

...from childhood to adulthood

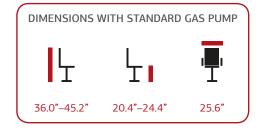


You can find SpinaliS Basic in home offices and kids' rooms – thanks to its design, it is preferred mainly by petite women and children. Our collection features colors and motives appropriate for and loved by children. Basic is suitable for children from 6 years or approximately a height of 4' due to a special added feature – foot ring.

A movable seat propped on a spring follows the movements of a user's body, keeping it in a correct position, unlike chairs with fixed seats. The backrest is specially shaped and supports the lumbar area. It is height adjustable and follows the movements of the user's body. Basic chair has a black metal frame, chrome frame is available for additional costs. Upholstery is available in eight standard colors, as well as in many custom colors and materials that can be found on the website or in SpinaliS stores. Upholstery is easy to maintain and pleasant to use.







SpinaliS **RODEO**

...back in the saddle!



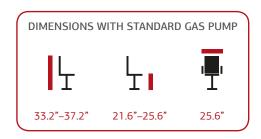
The SpinaliS Rodeo model is the latest model among SpinaliS chairs. It is a universal health chair for men and women, to be used in the office or at home.

Rodeo combines innovative design and classic SpinaliS spring mechanism. This is another category of healthy and comfortable seating, which also combines dynamic sitting and offers relief in the hips and thighs. Thanks to the higher gas pump in the standard version, you can use Rodeo chair even when working at higher/elevated work table tops. It is suitable for taller persons, but is is also available with lower gas pump upon request. The design of Rodeo differs from the average boring office chair. Hop on the Rodeo and let the adventures begin! Rodeo chair comes in a black metal frame. Upholstery is available in four standard colors. For special customized material options visit your closest SpinaliS store.









SpinaliS PILOT

...the most prestigious of all



Comfort, prestige and health – an incredible combination particularly appreciated by managers and lawyers, or any other individuals with high demands on comfort and luxury design of their chair. Its design will especially satisfy users that are taller than 6'.

Its breathable height adjustable seat is spacious and comfortable – its depth may also be adjusted. As with the other models, you can adjust the backrest height to sit in the most comfortable position. This Pilot's optional accessory – the headrest – is permanently attached to the backrest. The basic version of this model has a black metal frame, chrome frame is available for additional cost. Pilot offers four colors of upholstery, boasting a combination of genuine calf leather and Alcantara. Further information on custom colors and materials can be found on the website or in SpinaliS stores.

FOUR AVAILABLE UPHOLSTERY COLORS



















52.0"-56.0"

20.4"-24.4"

27.6"

SpinaliS SMART

...a clever solution for small spaces

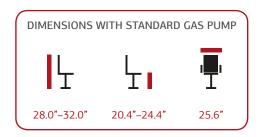


SpinaliS Smart has been designed for all those who spend a lot of time sitting, but their profession does not allow the use of the backrests. It is primarily recommended for use in the following areas of work: production facilities, shops, checkout counters, dental laboratories, ultrasound labs, goldsmiths and precise mechanics, manicure shops and beauty salons, in which the employees work leaning over a table or a patient. The chair is suitable for places where you need to create a small, yet healthy workspace.

Model Smart is equipped with a movable seat and a small backrest for the lumbar area of your back. Smart chair has a black metal frame, chrome frame is available for an additional cost. Upholstery is available in eight standard colors, as well as many custom colors and materials that can be found on the website or in SpinaliS showrooms. Upholstery is easily washable and pleasant to the touch – it will satisfy even the most demanding users.







SpinaliS **DENT**

...for specialized workplaces



The SpinaliS Dent Healthy chair has been designed for the needs of specialized workplaces such as general practitioners, dentists, dental technicians, ophthalmologists, precise mechanics, engineers, etc.), where it is necessary to lean over a patient or work surface while maintaining maximum mobility.

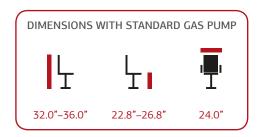
The chair's seat and backrest rotate and move independently, allowing for comfort in unusual positions, while ensuring a correct spine position.

Dent chair has a chrome frame and a foot ring. Upholstery, that is suitable for sterile environments, is available in 3 colors.



THREE AVAILABLE UPHOLSTERY COLORS





DOCTOR'S OPINIONS

DONALD J. HOPKINS,

Chiropractor

»SpinaliS is designed to correct improper posture. It is perfect for people who work sitting all day. It provides support to the spine and improves posture, which is necessary for people who suffer from lower back pain. Try this chair, your back will thank you.«



»Continuous movement which is required while sitting on SpinaliS strengthens the back muscles, vertebrae and intervertebral discs are evenly burdened. With active sitting we can prevent spinal injury. I recommend the SpinaliS chair to all who sit a long time, especially if you sit in improper and awkward positions.«

FREQUENTLY ASKED QUESTIONS ABOUT SPINALIS

Why SpinaliS is so special?

Because it follows the movement of the body and this keeps the spine in balance. This is made possible by a moveable seat moving in all the directions according to body moves in the direction of pelvis and spine, this maintaining the spine in a correct position all the time.

Why could anyone use SpinaliS?

Because only the healthy can fully enjoy life, SpinaliS is important in helping to maintain a healthy spine. On a SpinaliS the back and abdominal muscles, due to active sitting, are strengthened, this relieving vertebrae and disks, thus preventing injuries and spinal pain.

Is this chair suitable for sitting all day?

Not only is it convenient, but is even highly recommended. SpinaliS is intended for those who sit more than two hours a day, preventing injuries and illnesses arising from prolonged sitting on conventional chairs with a fixed seat. It is particularly recommended for children and adolescents who are sitting more and more while learning or in front of the computer, whose back muscles are not strong enough to support the spine due to lack of movement and rapid growth.

How long will I need to get used to this chair?

It depends on the current physical condition of your back support muscles. On average, the first phase is a few hours, while the second phase can last from several days to two weeks until the muscles strengthen and assume the role of carrying the weight. After two or three days you may experience slight pain, muscle inflammation, or so-called muscle fever, which usually takes a day or two. This is a normal response to activity and is actually a great sign, because it means that the muscles that were previously inactive

have begun to take on the role of carrying the spine. After this phase sitting on a SpinaliS becomes an immense pleasure.

If the muscles are constantly active, are you more tired at the end of the day than in a usual chair?

At the first glance it seems so and it is also true for first few days. This is similar to running a marathon when being out of shape. How would you feel the next day? Even sitting on a SpinaliS requires some effort the first few days because the body needs time to get used to active sitting. When the muscles are strengthened, sitting on the SpinaliS becomes a real pleasure. Strong back muscles play a key role in supporting the spine and your back does not hurt even after sitting ten hours or more on the SpinaliS.

Has it been medically confirmed that this chair "works"?

In various countries, SpinaliS chairs were subject to many independent clinical trials and studies. As a result, these chairs have been personally used and are recommended by many doctors and physiotherapists as suitable chairs for long periods of sitting without causing back pain and fatigue.

A clinical evaluation of the medical device in CANADA was processed by Health Canada. Based on these scientific tests, the chairs have been classified as a suitable tool for the prevention and treatment of spine due to the following features: the unique movable seat perfectly follows the movements of the body, the spine is in an ideal position and the back and abdominal muscles are actively working. Moreover, it ensures unique mobility and good pelvic and excellent lower limb support. SpinaliS health chairs allow for dynamic sitting, i.e. balancing on a movable seat and thus ideally compensate for one-sided overloading of the spine. These chairs are unique medical devices, which, unlike rehabilitation balls, can be used for long periods of sitting all day.

Project: SPINE FRIENDLY SCHOOL

At SpinaliS we place great emphasis on the children's spine, so we decided to do a project. We agreed on a joint project "spine-friendly school« with one Ljubljana elementary school. The project, which compared two classes, was running from 2006 until 2011. One class is equipped with the usual school chairs, the second class with SpinaliS children's chairs, which have been adapted for sitting and working in school. The children were monitored and checked annually by physiotherapists and orthopedic surgeons who checked their posture, back muscle strength and overall condition of the spine. The psychotherapist, through video, verified concentration during school work because SpinaliS chairs also affect blood circulation and, consequently, the power of concentration. Video clips and psychological tests designed specifically for this project are performed once a year.

In the first two years there were only differences in concentration and the ability to sit peacefully as children in the first two years of school move a lot. Children sitting on SpinaliS chairs had sufficient movement on the chairs and were less restless and not getting up during class, because they could swing and move while sitting. The results showed that concentration during tests and results were better in the classroom with SpinaliS chairs since the first grade.

In the last comparison of the two classes in the sixth grade, there were already obvious differences: in particular in the development of back and abdominal muscles, better posture and less frequently overweight children were characterized by indicators in the classroom with SpinaliS chairs.

The present results show that even children doing sedentary work need active sitting. This is evident by the enthusiasm of children themselves, even more so their parents, who are very excited about the *spine-friendly school* project.

We want only the best for our children!

Children carry the constant need for movement inside themselves. It is as difficult for a child to sit on an immovable chair and constantly bending over books as is for an adult with an exhausing work schedule. We provide children with a winning combination – movement and sitting at the same time!

Ensure your children active sitting on a SpinaliS chair and prevent back problems. It is an investment that you will never regret!



An admonition by a renowned Pediatrician Spec. in Rehabilitation "Poor posture can be improved."

Small preschool children are physically very active, especially if they are in an environment, which allows for this. When starting school they are suddenly forced to sit quietly for many hours. Then they are given more work at home, which in turn requires sitting. Also the period of adolescence is very important for the development of posture because during this time, due to various environmental effects (prolonged sitting, wearing overweight bags in one hand, bending over a desk...). A child with poor posture becomes a man with a bad posture. Later in life these adults are moving around and keeping their balance as well as practicing their profession with significantly greater muscular effort. Thankfully, bad posture is often due to insufficient and incorrect muscle activity which can be corrected (as opposed to deformation and other damage) with will and discipline. That is why I definitely recommend the SpinaliS chair already during school years because it allows active sitting and strengthens the muscles while allowing the children freedom of movement."

Ivica FLIS SMAK, MD, Pediatrician Spec. in Physical Medicine and Rehabilitation

CUSTOMER TESTIMONIALS

John Zickmantel

John Bryson @ Partners Structural Engineers

I am a structural engineer, and I must sit for long hours every day, sometimes up to 8 to 10 hours. I suffered with a serious back pain for many years. After consulting with my healthcare professionals, I realized that one of my main problems was the chair that I was sitting on at work. I first tried kneeling chairs, and that helped significantly, but there were many problems with those chairs as even the best ones ended up breaking. So then for many years, I was sitting on a ball to strengthen my core muscles. This effectively eliminated my back pain from sitting, but using the ball was not perfect as it is not a great seat and it does not adjust vertically, so I was not quite at the right hight for my desk. This ended up causing pain in my shoulder. Thanks to a friend of my wife, I was recently able to get one of the SpinaliS chairs to try out in my office. The difference is incredible!

These chairs effectively duplicate the action of sitting on a ball, but it is all part of a real office chair that is high quality and can be adjusted in hight. I have been using it for almost a year now and I no longer have the pain in my shoulder or back, this chair is indispensable to me. Thank you!



Veronika Florianova

Yaletown Law Corporation

I have been using the SpinaliS Apollo chair for approximately 10 months. I am a Canadian citizen, a lawyer, an owner of my law firm in downtown Vancouver, and a mother of 4 children. I sit at my desk at the computer my entire day at work. I am very aware how important a proper desk chair is for the health of my muscles, in particular my back and neck. I have tried many chairs at my work, from fashionable to ergonomic, but no chair could ever compare to the SpinaliS chair. The unique design of the SpinaliS chair, which involves a spring on which the seat is sitting, allows me to sit at my desk and be constantly moving and readjusting my body posture, and does not allow me to crouch forward or sit in unhealthy positions. As a result, I have to constantly use my muscles, in a very subtle way, which actually strengthens my back muscles and while the chair forces me to sit properly, my neck muscles are not as tight and I am relieved of frequent headaches that are caused by my tight neck muscles. It is simply the most comfortable and ergonomic chair I have ever sat on.

In my opinion, Canada does not offers similar product as the SpinaliS chair, and SpinaliS chairs are beneficial for many Canadians who suffer from back pain and those who do not have back pain but do not want to get it in the future, especially for those who have to sit at their jobs. The SpinaliS chair is one of a kind and I believe that it will have a positive health impact on our society.

Worldwide, many well known companies are sitting on SpinaliS

Google (Czech Republic) Unicredit Bank

Monster Worldwide Vodafone

Dubai Airport AWECO Appliance system

SONY Q - MEDIA IBM REVITALIS

DELL A&D GLOBAL BUSINESS

Skoda Auto RELATIONS
CSOB Bank and many more...

Worldwide SpinaliS chair is in possession of more than 100,000 customers.



HAM d.o.o.

Recognition Mirror of Slovenian success

