



DYNA SPINE

Usage Instructions

and Back Care Information



Welcome to DYNASPINE



Dynaspine is a revolution in back support technology, as its unique design provides dynamic support for the back.

Dynaspine is designed to help alleviate backache or back pain and also to prevent symptoms of a bad back, whilst in the seated position.

Dynaspine is particularly helpful if you have muscle aches, nerve pains and tension in your spine or shoulders, which are aggravated by sitting.

Studies of the latest research into the management of back pain, have shown that sitting in an ergonomically sound seated position – allowing for the correct movement of the spine – reduces pressure on the spinal joints and discs, decreases muscle fatigue and reduces back pain.

These results have been used as the foundations of the Dynaspine product design.

The Dynaspine range includes:
Portable Back Supports
Workplace Seating Solutions

Easy to assemble

Easy to use

Easy to take with you



Sitting Comfortably with DYNASPINE

The design of the Dynaspine Portable Back Support and the Dynaspine Chairs are unique - they provide dynamic support for your back.

Latest studies have shown that sitting in an ergonomically sound seated position, minimises back pain, decreases muscle fatigue and reduces pressure on the spinal joints and discs.

The Dynaspine technology is the first of its kind that allows for dynamic movement of the spine. Dynaspine has two flexible back support plates, which mould and adjust to your position whilst seated, it ensures the correct posture is maintained and your back is always supported.

As a result, your back is aligned correctly, leading to reduced pain and discomfort.



Better Back Care with DYNASPINE

It is critical that as well as providing your back with support, a back support should encourage you to move. Generic back supports that are static hold your spine in one position, this can lead to backache.

Our backs were designed to move, if they are held static, the muscles, joints and nerves cease up. It is also important to keep your back moving so your core muscles engage, reminding them how to work. This engagement helps your back to remain stabilised, even when you're not using a back support.

Martin Haines, a leading UK Physiotherapist and Biomechanics Coach explains the importance of movement for our backs, **“the back is not designed to be static, a lack of movement can result in back pain even in a healthy spine. Long hours hunched over a work desk or behind the wheel of a car without the appropriate support and movement can cause musculoskeletal problems. A suitable back support that allows for the correct movement of the spine such as Dynaspine will not only help alleviate back pain symptoms but also prevent it from occurring in the first place.”**

For more information visit:
www.dynaspineinternational.com

Assembling your DYNASPINE in 4 EASY STEPS



1

With the lip of the main back unit facing towards the back, position the 2 x back support plates to the front of the main back unit with the narrow ends facing upwards, and the left and right plates positioned on either side to follow the curve of the body..



2

Lie the product front side down and pass the 2 x screws through the slots in the main back unit and secure in the treaded holes in the centre of the sprung brackets, and loosely tighten.



3

Select the desired height of the back support plates. This is determined by the height of the individual and the seat in which Dynaspine is being placed. Tighten screws once the height as been selected.



4

Stretch over fabric covers onto both back support plates.

Using your DYNASPINE



1

Position the lip on the main back unit into the angle of the seat.



2

Take elastic strap and stretch over the back of seat, this can be tightened once in position by simply pulling upwards on the loose end at the top.



3

Dynaspine is now ready for use...



Exercises for Back Pain

There are many generic exercises for back pain. Most of them are designed to mobilise your back and strengthen your core or trunk muscles. Your back (in fact your whole body) is designed to move, so moving it whether you are in pain or not is a good thing. Obviously pain will restrict your movement as it is an inhibitor to movement and will try to protect an area that is damaged. Even so, movement will still help. Here are the common mobility exercises that can help your back:

Trunk side bends

Technique

1. Sit on a chair and place your hands on your shoulders.
2. Keeping your hips still on the chair, bend down from side to side.
3. Take the elbows down towards the hips.
4. If possible use a broom or stick across the shoulders to maintain shoulder positioning.
5. Do not lean forwards or arch backwards as you perform the movement, imagine you are performing the movements between 2 sheets of glass, one in front and behind you.



Instruction

1. Perform at least once per day.
2. If possible, try 2 – 3 times per day.
3. Start with 8 reps x 2 and build up to 12 reps x 4.
4. If there is a reaction when you progress, return to your previous level.

Pelvic tilts

Technique

1. Lie on your back with your knees bent and slightly apart.
2. Have your arms down by your side.
3. Keeping the chest and shoulders still and relaxed, arch and flatten the lower back.



It is important not to exaggerate the arch in the lower back, at its peak there should only be a small gap between your lower back and the floor.

Instruction

1. Perform at least once per day.
2. If possible, try 2 – 3 times per day.
3. Start with 8 reps x 2 and build up to 12 reps x 4.
4. If there is a reaction when you progress, return to your previous level.

Alternate knees to chest

Technique

1. Lie on your back with your knees bent.
2. Lift one knee towards your chest and bring your chin towards the knee.
3. Go as far as is comfortable.



Instruction

1. Perform at least once per day.
2. If possible, try 2 – 3 times per day.
3. Start with 8 reps x 2 and build up to 12 reps x 4.
4. If there is a reaction when you progress, return to your previous level.

The exercises shown are for demonstration purposes only. Please consult your Physician or Healthcare professional before conducting any of these exercises.

Have you tried our

DYNAOSPINE

CHAIRS?

We are proud to introduce our new range of workplace seating solutions - Incorporating Dynaspine, Dynamic Back Support Technology,

Ideally suited for Work or Home Office use, including additional features such as:

- Height adjustable Dynaspine Back Support
- Removable adjustable Arm Rests
- Comfortable airflow mesh back and seat material

For more information regarding these great value chairs

Call us now on **01246 268456**

Or visit www.dynaspineinternational.com



The Dynaspine Portable Back Support and Dynaspine Chairs are helping back pain sufferers in many different situations. Take a look at what a selection of our customers have to say about the Dynaspine range.

“The Dynaspine design fits with the biomechanical model that has been developed over the last 15 years...it is clear to me that a dynamic support system like Dynaspine provides people with all the best ergonomic, clinical and biomechanical benefits...I recommend it to all my patients from Olympic Athletes and Premiership Footballers to Office Workers and Taxi Drivers.”

Martin Haines DipRGRT, MCSP, SRP - UK Leading Physiotherapist

“When travelling on long journeys in a car I frequently experience back pain so I recently tried the new Dynaspine to see if this helped. Initially it felt a little bit strange but after a few minutes I reclined the seat slightly and it felt really comfortable. I arrived at our destination without any back pain whatsoever. The Dynaspine not only supported my lower back, but it also supported my shoulders and neck because of the flexibility in the wings. I would definitely recommend this product when travelling in a car.”

Lorraine Johnson, aged 51 - Car Driver

“Two years ago, I slipped on a concrete step and landed hard on my sacrum and I've had back problems on and off ever since. The pain became really acute in each side of my upper back and sometimes I couldn't walk or stand for too long due to the pain in my lower back. This also led to cramping in my rib muscles. The pain really affected my ability to do my favourite activities such as surfing and yoga whilst travelling in Thailand.

Until I discovered Dynaspine I was seeing an osteopath every week for months at a time, using natural pain relief including hot and cold compression, herbal supplements and occasional pain killers if I need immediate relief. All this treatment has put a strain on my finances. Using Dynaspine has made a massive difference, giving me increased movement and less pain and has also meant I no longer have to keep splashing out lots of cash on osteopaths.”

Joanna Rose, aged 34 - Back pain sufferer

“I have suffered with back pain since I was about 13. I have chronic sciatica which affects the bottom of my spine and my right leg and hip area. This causes numbness a lot of the time and also severe pain, if I sit for long periods of time. In the last two or three years the pain got worse, mainly because I started running a lot, as I was training to do a marathon. I also have one hip socket a different shape to the other, which shortens one leg slightly and so doesn't help things. I went to the doctor who said that I had a mild scoliosis and I would always have to look after my back. This included swapping my running for swimming, ditching the heels as well as relying on pain killers when the pain flares up. Since I have been using Dynaspine I have noticed I rely less on painkillers as it's really helping to ease the pain. My back has also begun to feel stronger and more flexible.”

Sarah Tilson, aged 35 - Sciatica sufferer



Visit www.dynaspineinternational.com for updates on the latest back care tips, advice and exercises.

DYNA  **SPINE**