

BETTER BACK, BETTER LIFE.

Creating an optimum

WORKING ENVIRONMENT



 THERAPOD
SYSTEM

THERAPOD

HOW & WHY?

THE NEED TO SIT SLIGHTLY RECLINED



There are three main problems associated with extended periods of sitting, based on scientific evidence and research:

1. The effect of back inclination on pressures on the lumbar spine.
2. The effect of lumbar support on the pressures on the lumbar spine.
3. The effect of seat pressure and its association with back inclination and lumbar support.

Chart A highlights the effect of different positions on the load of the lumbar disk. As can be seen when the back is relaxed, there is the least amount of pressure on the lumbar region.

Chart B indicates that muscle activity in the back decreases significantly, the further the back is positioned past 90°.

Chart C explores the effect of increasing back inclination, allied with increased lumbar support, and highlights the dramatic reduction of pressure on the lumbar spine when both are combined together.

Ergonomists and other healthcare professionals acknowledge that the following 3 key elements prevent – and relieve – back pain:

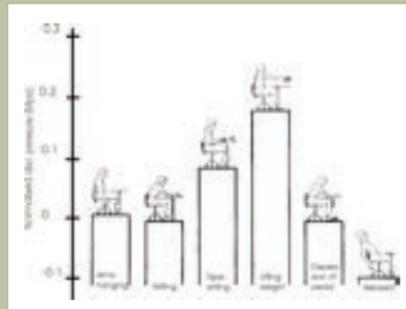
1. A total contact back-support system.
2. A seat which allows good pressure distribution
3. A mechanism which facilitates for correct positioning; ideally one which is slightly reclined

The current Worksafe Victoria "Officewise – A Guide to Health & Safety in the Office" refers to "A slight backwards tilt of the backrest" as being the preferred positioning for ergonomic seating. This is because the "force on the lower back is reduced" (Page 63).

Other references to note:

- Andersson B.J.G., Ortengren R., Nachemson A., Elfstrom G.: Lumbar disc pressure and myoelectric back muscle activity during sitting 1. Studies on an experimental chair. Scandinavian Journal of Rehabilitation Medicine 6: pp 104-114, 1974
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- BendixT., Winkel J., Jessen F.: Comparison of office chairs with fixed forwards or backwards inclining or tiltable seats. European Journal of Applied Physiology 54: Pp 378-385, 1985
- Link C., Nicholson G., Shaddeau S., Birch R., Grossman M.:
- Lumbar curvature in standing and sitting in two types of chairs.
- Nachemson A.L: The Lumbar Spine. An Orthopaedic Challenge. Spine 1: pp 59 - 71

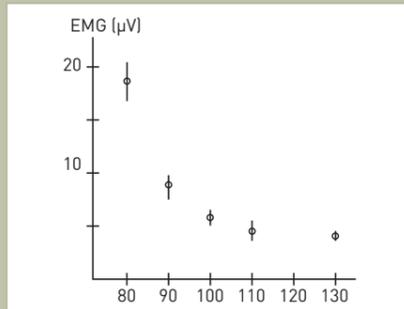
Chart A.



Mean values of normalised disc pressures with different activities whilst seated. Distance between seat and table surface, 28 cm. The centre of the backrest was located at the level of L4-5.

Disc pressure is reduced when the back is relaxed / reclined.

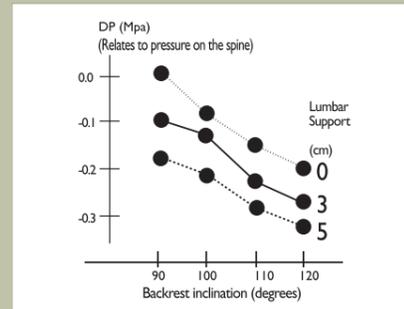
Chart B.



The relationship between the quantified emg-signal, measured in uv and the back rest inclination (degrees) in the sitting posture.

Muscle activity in the back is reduced, the further past 90° the back is inclined.

Chart C.



The relation between interdiscal pressure (dp), backrest inclination (degrees), and the amount of lumbar support (cm).

Disc pressure reduces increasingly, the greater the recline and the greater the lumbar support.

THERAPOD

SLIGHTLY RECLINED

FINDING THE RIGHT SOLUTION

A combination of these three factors has made Therapod the only 'complete' seating solution currently available. Therapod is an Australian designed and patented product, manufactured and distributed worldwide.

Total Contact Back Support System

The Therapod posture-support system has been designed to provide total contact for all back shapes.

As all backs are not the same, and support levels are individual, having a system which can be customized for total contact is essential.

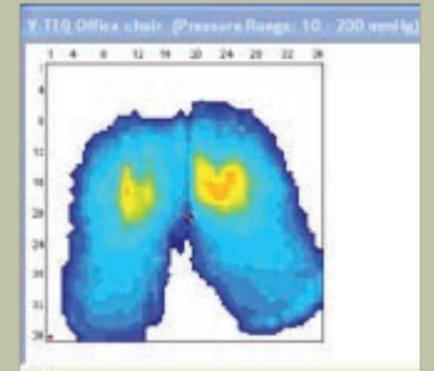
The Therapod posture support is the only fully adjustable system in the world...



Seat which allows good pressure distribution

Research shows conclusively that a poorly designed seat - including some with dual density foams - may have poor pressure-distribution patterns and ultimately increase lumbar-disc pressure.

Our multi-layer seat technology ('Bodyform') and our VTEQ™ (visco elastic) seats working in conjunction with both the Therapod back system and the mechanism provide superior pressure distribution, whilst reducing lumbar spine pressures.



A Mechanism which allows for correct positioning

It is vital to select a mechanism for a chair to suit your specific requirements.

Chart C (on opposite page) highlights the importance of back inclination in relation to lumbar spine pressures.

Our recommendation is for that of a synchronized mechanism which will follow you as you move back and forth throughout your working environment.



THERAPOD

THE RIGHT SOLUTION

ORTHOTILT

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ORTHOTILT

The Orthotilt System

The Orthotilt desk-top system was developed to assist with the creation of an optimum working environment. Orthotilt products work together to improve body positioning, which in turn reduces the likelihood of neck and back pain.

Ideal for office, home office and students, this system when operating in conjunction with correct seating, will increase productivity by allowing the user to stay seated longer, without increasing the risk of poor posture.



Reading / Writing Desktop

Features a simple and easy-to-use adjustment that changes the angle of incline from 5° to 60°.

Available in three sizes: 40cm x 40cm, 60cm x 40cm, and 80cm x 40cm.



Fully portable, the Orthotilt Desktop is constructed from solid timber, and is both durable and easy to clean.

Optional Document Stand

A freestanding unit which can be used in conjunction with the Orthotilt desktop. Size 40cm x 20cm.



Orthotilt Heavy Duty Footrest

All workstations should have a footrest. It is not just to get you into the right height for your desk, it also forces you to sit back on your chair.

The Orthotilt footrest has an adjustable angle range of 5° to 60°. It is designed to relieve pressure from the lower back area and thighs whilst sitting.

This is specifically important when utilizing a chair with a synchronized mechanism.



Orthotilt Desktop Standing Frame

Standing reduces the pressure on your lumbar disc by more than 50% compared to sitting and thereby reduces the incidence of neck and back pain.

Made from solid steel construction, the frame is adjustable in height from 68cm to 110cm.

The Standing Frame can be made to suit all three sizes of Reading / Writing Desktop.



Orthotilt Lap-top Holder

This option allows a lap-top to be angled so that its screen is at the correct position to let the user sit in a slightly reclined position.



ORTHODOCK

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ORTHODOCK

Like so many other creatures on this earth, we humans can easily be characterized as individuals of habit; changing our daily habits and routine is not something that most of us do with ease.

As early as the late 1700's, doctors had become aware of muscular and skeletal changes amongst workers who operated in such a way that their body position was maintained for extended periods of time.

Today, the link between certain job roles and the onset of degenerative conditions has been proven beyond doubt. Ergonomics deals with the study of human movement and capability in relationship to the demands of the working environment. The Ergonomist seeks to work within these capabilities, rather than against them.

We view the Orthodock height-adjustable desks as a significant aspect of equipment in today's workplace. It is not an elitist symbol, but rather a practical solution to ensuring the worker is not subjected to maintaining one body position for an extended time period.

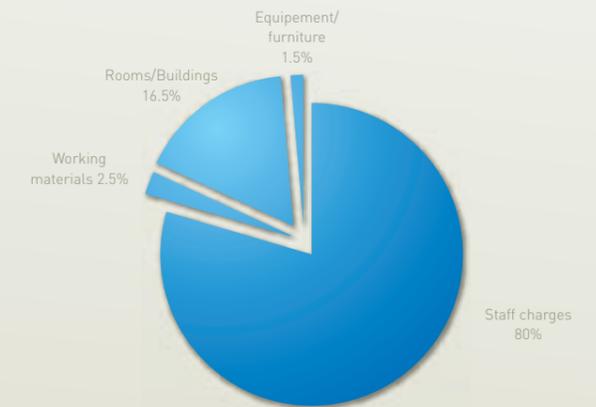


Please consider:

In the office area, 80% of all costs cover personnel-related aspects. Rooms, materials, and furnishings amount to approximately 20% in total. The 'human being' is therefore the most important production factor in the working environment.

It is therefore of specific interest to any organization to maintain their production capacity / output, as well as the motivation and welfare of their staff. However, the 'worker' is only fully productive when he/she is healthy and satisfied within their working environment.

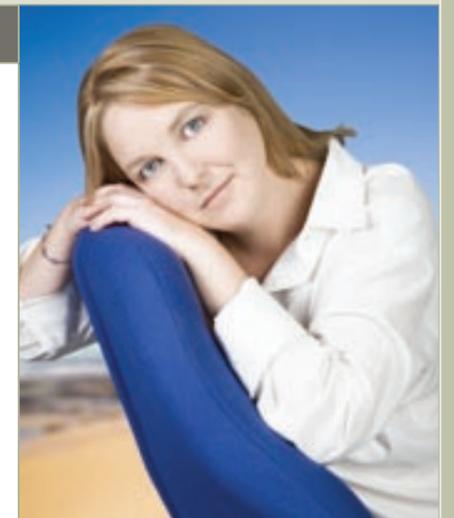
A modern workplace which has a focus on optimum ergonomics is merely a basic condition for attaining a results-oriented performance.



In an office, 80% of the costs of doing business go to salaries and wages, therefore leaving only 20% for the facilities, supplies and furniture.

Source: Sauer & Sauer www.arbeitsplatzoptimierung.de

Advantages for the employee	Advantages to the company
<input type="checkbox"/> The workload is relieved	<input type="checkbox"/> Increased motivation and job satisfaction
<input type="checkbox"/> Few chronic health troubles	<input type="checkbox"/> Increased performance & efficiency
<input type="checkbox"/> Improved working environment	<input type="checkbox"/> Long-term decrease in absenteeism
<input type="checkbox"/> Greater job satisfaction	<input type="checkbox"/> Increased product & service quality
<input type="checkbox"/> Changed attitude to movement	<input type="checkbox"/> Improved internal communications
<input type="checkbox"/> Avoidance of monotonous postures	<input type="checkbox"/> Imagined upgrade for the Company
<input type="checkbox"/> Activation of heart, circulation and intestinal system	<input type="checkbox"/> Lower failure rate
<input type="checkbox"/> Prevention of muscle inactivity	<input type="checkbox"/> Cost optimization by desk sharing
<input type="checkbox"/> Increased mental capacity	<input type="checkbox"/> More dynamic / efficient working style



THERAPOD POSTURE SUPPORT SYSTEM

When designing and manufacturing our office seating, the emphasis has been on the creation of chairs which provide orthopaedically-correct back support, comfort and durability.

Only the Therapod posture support system provides users with total contact back support.

It is no longer enough for seating to be selected purely on what it looks like, or on price.

The prime focus should be on the wellbeing of the user, to prevent back issues from occurring and to provide as much comfort and support in cases where there is an existing back issue.

From the perspective of the employer, a sound investment in ergonomic seating helps prevent workers from suffering posture related injuries, which ultimately boosts productivity, profit and staff satisfaction.

Studies highlight that back-related absenteeism runs only second to the common cold in the office environment.

Inside each Therapod chair is an adjustable strapping system that maintains full support of the back, regardless of the seated position.

This unique design, which was developed in Australia by a health professional, targets three key areas of the back.

The uppermost strap provides support to the thoracic region.

The central straps give optimized lumbar support and the lower strap supports the sacrum.

The Therapod back 'shell' has been profiled to follow the back shape of the user, cradling them in a protective manner.

The Therapod 'shell' is highly dynamic, which means that - as the user moves back and forth throughout their working environment, the Therapod chair moves with them and provides 100% support - not resistance.

In designing Therapod, it is understood that back shapes differ from person to person, as do working environments, and work processes.

In using a Therapod, there is the capability to maintain total contact, whilst performing a wide range of functions and operations, no matter the height, weight and shape of the person using the product.

Therapod...the world's most adjustable chair...



THERAPOD

PSS

VTEQ™ FOAM

Visco elastic foam was originally developed by NASA as a solution for ensuring that bodyweight and temperature were evenly distributed throughout the seats of their astronauts.

Since that time, this advanced foam has been widely used throughout the healthcare industry as a pressure-care solution in bedding, wheelchair cushions etc.

Our VTEQ™ seat cushions now use this amazing gel-like foam, providing 100% support as the seat draws heat away from the user, and softens / moulds itself to the precise shape of the person in the chair.

The even distribution of pressure throughout the surface of the seat, significantly reduces the level of pressure which normally resides directly under the ischial tuberosities or the 'sitting bones' as they are referred to.

It is these two bones which support the entire bodyweight when we are seated.

By removing pressure from beneath them, we also minimize the cause of circulatory problems, pressure sores and back pain.

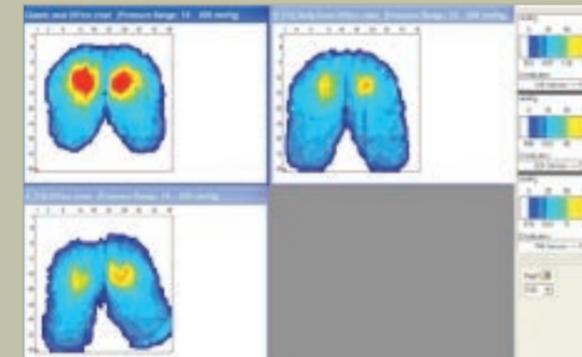
Approximately 75% of the user's weight is supported by just 8% of their body weight.

Yet, with our VTEQ™ foam in place, the pressure of the user's body is transferred throughout the entire surface of the seat cushion.

Less pressure and enhanced long-term comfort is then achieved.

Independent pressure mapping testing has proven VTEQ™ to be a true ergonomic seating solution.

The combination of VTEQ™ foam, a total contact back support and a mechanism which facilitates correct positioning, equates to a chair that is part of an optimal working environment...



This product includes VTEQ™ Foam.



THERAPOD

VTEQ FOAM

WHO ARE THERAPOD SEATING SOLUTIONS?

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WHO ARE WE?

HISTORY

Formed in 2001, Therapod Seating Solutions have become one of Australia's largest manufacturer of ergonomic seating, lifestyle and bedding products. We support a national network of distributors as well as exporting to New Zealand.

AUSTRALIA MADE

Therapod Seating Solutions is a proud member of the Australia Made campaign. Our manufacturing base is in Coburg Melbourne, in a 23,000 sq. ft. facility purchased in 2006. We are committed to the ongoing growth and development of Australian manufacturing.

QUALITY ASSURANCE

Our organization is accredited to AS/NZS ISO 9001:2000, which has been in place since May 2004. We use the Quality Management System as the foundation of our manufacturing and sales processes to ensure consistent supply and ongoing improvement.

GOVERNMENT SUPPLY

Therapod chairs are currently available on the NSW State Supply contract for task and executive seating. Therapod Seating Solutions has been an accredited Endorsed Supplier to the Commonwealth government since 2001.

AFRDI

Therapod Seating Solutions is a member of the AFRDI Blue Tick program, which ensures that our products are evaluated in line with the relevant Australian or international Standard.

COCA

A wide range of our products have been independently assessed and endorsed by the Chiropractic and Osteopathic College of Australasia (COCA). COCA supports all health practitioners nationally, providing world's best practices and products to their member base.

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endorsed by



COCA

