

Active Seat Therapy While You Sit

Sitting for extended periods of time is associated with low back pain and stiffness. The Active Seat helps keep the muscles of your back in an "activated state" to help avoid the ill effects of sustained postures. The Active Seat functions as a seat cushion, lumbar support and a foot rest. The Active Seat uses weight and gravity to create forces used by the body to increase blood flow.

Fully adjustable to your comfort level!

As a lumbar support: Maintain the natural curve of your back and prevent backaches and stiffness while you sit!

As a seat cushion: Reduce back pain, relieve stress on the spine, improve sitting posture and strengthen the lower back while you sit!

As a foot rest: Exercise your feet to improve blood circulation and reduce swelling in your legs and feet while you sit!

Office Workers - Drivers / Commuters - Air Travellers - Wheelchairs and more ...



Active Seat encourages the user to take an active role in sitting. It maintains a level of instability that you can control by how much it is inflated. Lightweight and easy to use, the Active Seat is great to use at home, work or on the road.

How To Use Active Seat

- 1) Remove from carry case.
- 2) Let it unroll to a resting state.
- 3) Open valve and let it self inflate.
- 4) Close valve and press it in flush.
- 5) For lower levels of inflation, push air out to desired level and quickly close valve.
- 6) For higher levels of inflation, inflate by mouth then quickly close valve.
- 7) For adjusting, do steps 5 or 6.

If you have trouble pushing in the air valve at lower levels, simply fold it in half, increasing the inflation of one side, and then push in.

For Use As Seat Cushion: Only inflate to one quarter level to start. The most common mistake for users is to inflate it too much to begin. The Active Seat will become active with a small amount of air. You can increase the level as you become accustomed to it and as your back improves.

For use as a back support: Inflate to half full to start with and place behind the small of your back. If you feel you need more support, you can inflate it further, however, it will be active at half inflation.

For use as foot rest: Inflate to three quarters full and place under feet. You may press down with your toes, then heels to increase circulation to the legs.



The Active Seat keeps a low level of activity in the muscles. This encourages better muscle tone and helps increase blood flow. It is also essential for proper disc nutrition which is especially lacking in degenerative disc disease.

Continual stress from prolonged sitting can cause degenerative changes or arthritis to accelerate. Persons with chronic back problems are especially vulnerable. It is known that if you immobilize a joint with a splint, changes similar to degenerative arthritis appear in the joint. It is also known that professional car or truck drivers that sit for long periods are at a high risk for disc herniation.

Motion is essential for the health of a joint. Motion has been shown to help heal cartilage and promote healing of tissues by keeping the pH levels optimal for healing and removing metabolic waste products.

The intervertebral disc of the spine is the largest tissue with no blood vessels in the body and important nutrients arrive by a process called diffusion which is controlled by motion. Lack of motion combined with sustained sitting can cause loss of disc height from pressure or from existing degenerative disc changes. This can place abnormal loading on the joints and pressure

on the nerves resulting in back pain, stiffness or even leg pain. Prolonged sitting weakens the back and places it at risk of injury, especially after a long trip and bending and twisting when lifting or retrieving luggage.

The Active Seat is not for recent injuries in the acute or inflammatory stage, but may help rehabilitate muscles that have become weakened.

The Active Seat can be used virtually anywhere you sit; in offices, classrooms, cars, trucks, airplanes, at home, wheelchairs, scooters, theaters, concerts and stadiums.

Active Seat is Therapy While You Sit

- Relieve Back Pain, stiffness and fatigue
- Exercise the deep stabilizing muscles in lower back
- Relieve disc pressure and prevent static load of the spine
- Increase blood circulation to back muscles
- Improve postural stability and functional balance
- Support natural curvature of your spine
- Improve the health of your spine
- Promote blood circulation in legs and feet, and reduce swelling in legs

You may use the Active Seat as a seat cushion, lumbar support or foot rest/exerciser or in any or all combinations. You may also use it as a portable inflatable pillow.

Health and Safety Warnings: The Active Seat is not intended for recent injuries. For pre-existing conditions, consult your health care provider. If prescribed by your health care provider, use as directed. If you experience discomfort, lower the inflation level or discontinue use and consult your health care professional.

Visit us on the web at www.ActiveSeat.com



