

“PostureMinder is what I’ve been looking for for a long time”

Emma, 32, is a Customer Relationship Manager for leading human resources and payroll solution provider, Ceridian. She’s field-based and works mainly from home.

Emma has suffered regular sciatic back pain since the age of 14. Her symptoms typically begin with an attack of lower back pain that radiates down into the backs of her legs and feet, and can last for several days at a time.

Emma has always taken great care to sit in a good posture for fear of bringing on another attack of pain. Other steps she’s taken include:

- regular chiropractic treatment for the past 5 years
- physiotherapy and infrared heat treatment
- regular exercise
- painkillers to manage attacks
- spending hundreds of pounds purchasing a good chair and desk for her home office



About PostureMinder

PostureMinder has been developed to help computer users feel better today, and protect their health for the future

Whether you work at a computer all day, use a computer at home, or want to instill healthy habits in your children, PostureMinder can help

You don’t have to have an existing serious health condition to benefit – almost all of us feel some discomfort, headaches or eye fatigue at some point when using a computer for hours at a time

PostureMinder will remind you to take regular short breaks and micro-breaks, shown to protect your health and help improve your concentration and performance throughout the day

Posture reminders help you to improve how you sit and avoid spending long periods in damaging postures. If you use PostureMinder together with a webcam, the reminders will appear only when you’re sitting badly, meaning that you only get a reminder when you need it

Find out more at www.postureminder.co.uk

Emma finds the threat of another pain attack is always in the background: ***“It can be quite limiting in terms of the things I feel I can do in my free time – rollercoasters are out!”***

“When I saw PostureMinder at the Back Show 2007, I was immediately keen to give it a go, knowing it would more than likely be something that would help me to remain pain free. It seemed like it was what I’d been looking for for a long time.”

PostureMinder has certainly lived up to that expectation: ***“I have found PostureMinder the perfect way for me to self-correct my sitting position and keep on top of my back problems proactively.”***

“I use it every day and I actually notice the difference if I’m not using it. My core muscles have improved recently too through improving how I sit all the time!”

“I would definitely recommend PostureMinder to other back pain sufferers, and to anyone who wants to feel better while they’re using their computer”