



The chair,
which returns
health!



Imagine sitting at work while also strengthening your back muscles! Are you focussed and without any back pain.

DREAMING?

SpinaliS allows you active sitting. As we know you want to live actively!

ACTIVE SITTING FOR ACTIVE PEOPLE

If you have never felt a pinch in the back, then you belong to a small group of about a fifth of humanity, who have been spared this misery. Sadly, more than 80 percent of the total population of the modern world know "my back is calling" means.

Not even a massage nor pain relief tablets nor the gym can help at that time... The only happy people are the ones at that time are those who can normally move at all. The pain normally takes time and often restricts us in our everyday tasks, let alone allows us to take part in sporting pleasures.

24 **EXTRA**

The Ten Best Office

CHOSEN BY KATE WATSON-SMYTH

1 Spinalis Ergonomic
From £390

These chairs use the principle of the Swiss ball to help engage the core abdominal muscles. The seat is on a spring so that it leans with you when you move to support your back.
www.spinalis.co.uk; 020-7765-0345

2 Disco
£185

A brown leather seat with a pleasing roundness to it, this chair also features adjustable height and armrests and is easy to move around. It's neat and even so slightly funky.
www.johnlewis.com; 0844 604 9049

3 Herman Miller
Mirra £507.60

The best-known Herman Miller chair is the Aeron, which is good - but this is better. It's bigger and more comfortable, provides better back support and has adjustable lumbar cushions.
www.hermanmiller.com; 020-7765 0357

BE IN BALANCE

Think about when you felt best? How does it feel on top of the 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.

Live active, sit active

The SpinaliS chair allows you that: active and passive at the same time. While you are sitting, you are still active. Your workout may not be visible at first glance, but your muscles are working all the time. In order to keep the body's centre of balance the flexible SpinaliS seat performs its stabilization mission all the time.

The Spinalis chair operates along the lines of therapeutic balls, whose beneficial properties are recognized by all spinal experts. Due to its innovative solutions and efficiency SpinaliS has won numerous awards worldwide, including the Business Award for Most Innovative European idea and assessed »the best purchase of office chairs« (Best Buy) London Independent magazine



OVER 55,000 SATISFIED CUSTOMERS

Living without unbearable pain, which does not choose gender and age, is the dream of many. So far SpinaliS has already helped over 55,000 satisfied customers and provided them with active sitting on a SpinaliS chair a life without back pain.

Why is SpinaliS special?

SpinaliS has flexible and seat able to move in all directions, following each movement of the body. This ensures that the spine and pelvis are always in balance and in the correct position. To maintain balance on a chair with a flexible seat you need to put your feet flat on the floor and straighten the spine. At the same time activate the back and abdominal muscles, thereby strengthening and thus relieve the burden on the spine. Do not be surprised if you have to get used to actively sitting on a SpinaliS. Even at the beginning of physical activity your body needs some time to get used to it, which is especially true if we have previously been inactive for a long time.

A third SpinaliS users encounter difficulties balancing in the first week or two, as well as some muscle pain, better known as "Muscle fever." Actually, this is a good sign, because it is a perfectly natural reaction to muscle activity which remains passive in conventional chairs.



WHY MAY SITTING ON A CHAIR WITH A FIXED SEAT BE HARMFUL?

Admit it: few of us are so disciplined that while sitting on a chair with fixed seat control our posture and correct into the proper position. Sooner or later, even on the so-called modern ergonomic chairs »squeezes together« the back bends and back muscles slowly begin to weaken. Since inadequate chairs allow us to sit incorrectly, we do improper movements and persist with improper posture.

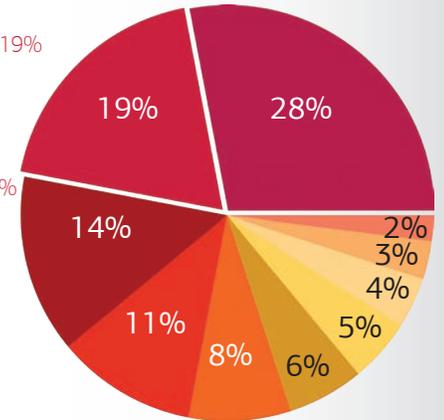
The consequences of improper seating are often hidden, but very unpleasant and long-lasting

- Curved spine
- Weakened back muscles
- Loose and weakened back ligaments
- Damaged intervertebral discs
- Worn joints
- Back pain, low back and shoulder girdles
- Increased irritability
- Decreased well-being
- Lower productivity
- Poor circulation
- Fatigue
- Depression

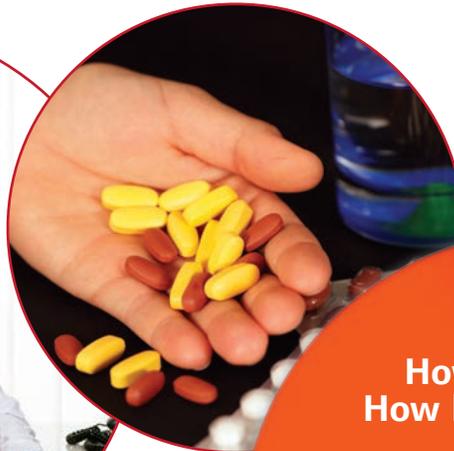
WORKPLACE INJURIES

According to Eurostat, 40 % of workers are exposed to factors that negatively affect their physical health the European Union countries, 27 % have negative factors on the psyche. First place among diseases is back injury (28 %) pain in the neck, shoulders and arms (19 %), and in third place we find stress and depression (14 %). If we connect the first two groups into a single category of 'back injury' we quickly see that almost half (47 %) of all injuries are associated with spinal cord injuries! The SpinaliS chair is an important preventive factor to prevent back injury, according to renowned orthopedic Dr. Popovic.

- Back injuries - 28%
- Pain in the neck, shoulders - 19%
- Stress - 14%
- Foot - 11%
- Cardiovascular disease - 8%
- Breathing problems - 6%
- Headaches, eye diseases - 5%
- Infections - 4%
- Defective hearing - 3%
- Skin diseases - 2%



Source: Eurostat, Labour Force Survey 2007



How about you? How long do you sit?

Most jobs are seated. We sit for at least 8 hours in a forced position and after work we add more time in the car, by the computer and on the couch, and the result is: **nearly 15 hours sitting in an inappropriate position!**

»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 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 POPOVIĆ, Dr. Medicine - Orthopaedist



SpinaliS ALLOWS FOR ACTIVE SITTING AND A RETURN TO HEALTH.

One feels the benefits of using SpinaliS the very first days of sitting on this innovative chair. Unlike regular office chairs, the back muscles remain active and strengthen while sitting on a SpinaliS, without the need to pay any particular attention.

- Ongoing strengthening of back muscles
- Discus and vertebral relief
- Encourages an upright posture
- Strengthens the abdominal muscles
- Improved blood circulation of the lumbar area
- Freedom of movement of the body in all directions
- Mobility of the pelvis
- Improved muscle tone
- Improved respiratory and digestive functions
- Lowers the burden on the leg joints
- Improves balance and coordination
- The dynamic effect improves circulation of the intervertebral discs, which is important in preventing degenerative changes in the spine
- Angle of the movable seating surface reduces pressure on the large veins for blood circulation
- Mounting arms relieve shoulder girdle muscles
- Properly designed lumbar support provides relief loins, spine remains in the correct position

What is active sitting?
Active sitting is sitting, which activates the back and abdominal muscles. As a rule, such sitting requires seats with a flexible seat, which requires the user to maintain balance in the body to activate muscles otherwise they would fall off the seat. A therapeutic ball is the most typical comparison to the seat, which forces one to keep correct posture with upright spine. Such seating encourages constant activity, strengthening the back and abdominal muscles and thus relieving the intervertebral discs, reducing pain in the spine and increasing physical fitness.

What happens to your spine while sitting on different seats?

SITTING COMPARISON

ERGONOMIC CHAIR



BACK PAIN



The spine “breaks” in the lower back during body movement, leading to injuries and pain. Passive sitting, on an ergonomic chair with a fixed seat, causes pain and damage to the back due to uneven pressures on the discus.

THERAPEUTIC BALL



PROTECTS HEALTH



Sitting on SpinaliS mimics sitting on a therapeutic ball. Sitting on SpinaliS mimics sitting on a therapeutic ball which is what healthcare has long recommended for strengthening back and abdominal muscles, they prevent the emergence of pain and injuries.

SPINALIS CHAIR



PROTECTS HEALTH



Because the moveable seat is following the movement of the body the backbone is in the correct position all the time. With active sitting on a SpinaliS chair we strengthen our back and abdominal muscles, which are the basis for a healthy spine as they prevent the emergence of pain and injuries.





SpinaliS ERGONOMIC

Friendly to your spine and wallet

Playful newcomer that steadily conquers audiences



SpinaliS Ergonomic is a newcomer to the family of SpinaliS chairs. We have designed it with the desire of healthy sitting be available for every budget. With the deliberate choice of materials and the optimization of components we have created a product whose functionality does not lag behind any SpinaliS chair model, as it also provides comprehensive active sitting, while more affordable.

The Ergonomic model is the result of many years of experience in the promotion of active sitting. It comes in several playful colours that will leave you breathless. Its features include a mesh backrest and lightweight, weighing less than 15 kg. The Ergonomic is often chosen by those who need a second SpinaliS chair at home or in the business environment (like a second car). The Ergonomic is also an excellent choice for pupils and students, especially for those who want the quality of life and sitting at an affordable price.

Nikola Sekulovič, Dan D



»Years of playing the bass guitar bit me in the back about six years ago. After a brief and effective therapy I have formulated a list of required office equipment: In addition to a desk, laptop, speakers, extra monitor and printer the list also includes the SpinaliS Basic. Recently I finalised a home studio, but quickly found none of the chairs in the house are suitable for normal work. A good experience shortened the decision making time. After talking to SpinaliS my decision was made and in a short time I got one, a combined chair: the base is Basic (for agility with the guitar the armrests were removed), the backrest is part of the dental model SpinaliS Dent. With this I acquired an effective, stable and active tool in the studio. Most importantly: I do not deal with my stance anymore, I can deal with the music. Indispensable!«

SPECIFICATIONS:

Fabric: cotton fabric with the look of leather and fabric - mesh or micro fabric and fabric - mesh.

Chair weight: 14,50 kg.

Chair dimensions: width 63 cm, depth 63 cm, height: 102 cm to 113 cm.

Allowable weight: 40 - 110 kg Packaging: box 62 x 54 x 84 cm.

Approximate colour of fabric



SpinaliS BASIC

The basis for pleasant working days

Active sitting began with the SpinaliS Basic model. The height-adjustable moveable seat follows your movements, thereby preventing incorrect positions that are typical of conventional office chairs with a fixed seat. The back is extra padded, so that the user has pleasant support in the lumbar area. The back and arms rests are movable and height-adjustable, the back tilts following your body movements.

The basic model is available in eight different colors, all with a black frame. It is padded with cotton fabric which gives the appearance of leather and is very pleasant to the touch.

The SpinaliS Basic is mostly chosen by users who want to guarantee healthy sitting at home, on the computer or desk, while learning or with hobbies in their spare time. Before buying we definitely advise you to try all SpinaliS chair models in our salon. When buying we will advise you to assure that your choice is really the best for you.



**Darija Strah, Dr. Med. Spec.,
Obstetrics and Gynaecology**

»I am a mother of two children and during my second pregnancy

I was constantly running the gynaecologic clinic, while at home, my usual daily duties were waiting for me. Maybe it was because of my SpinaliS chair and regular exercises, I felt so well during my pregnancy. I recommend the SpinaliS chair to every future mother, as every beautiful hour during pregnancy means much more than otherwise in life.

*Proven quality,
which many
swear by*



SPECIFICATIONS:

Fabric: cotton fabric with the look of leather,

Chair weight: 15.20 kg

Chair dimensions: width 65 cm, depth 63 cm, height: 86 cm to 108 cm,

Allowed weight: 40-110 kg,

Packaging: box 62 x 52 x 56 cm

Approximate colour of fabric

Black
R904

Grey
R711

Dark blue
R500

Royal blue
R502

Bordo
R304

Red
R303

Orange
R201

Dark green
R604

SpinaliS SMART

Smart solution for tight spaces

Healthy
workplace
despite limited
space



SpinaliS Smart is intended for those who sit a lot, but their job environment or nature of work does not allow space for larger SpinaliS models with back and arm rests.

Smart is ideal for jobs in shops and banks, in production, cashier... is an ideal choice for dental technicians, goldsmiths, precision mechanics and other specific technical jobs where the worker is bent over the work bench. SpinaliS Smart is perfect for wherever we want to create a user-friendly and healthy workplace despite spatial constraints.

The basic model is available in eight different colours and with a black frame. It is dressed in a cotton fabric with the look of leather. SpinaliS Smart has a height-adjustable seat and backrest for lower back and arms.



Zdenko Podlesnik,
manager

»I really sit a lot at work, sometimes even 12 hours a day, mostly behind my PC. I've tried and used a lot of different chairs, because I know how important correct sitting is for my health and well-being. I don't have any major back problems however I strongly feel the consequences of excessive sitting. SpinaliS is significantly different from the chairs that I have used so far. SpinaliS requires active sitting and prevents improper posture while sitting. Sitting on a SpinaliS seems quite similar to recreation: the back muscles are constantly sitting slightly tense and active, movement is easier. After sitting for a long time I feel like I do after moderate recreation and not stiff and tired like after sitting in a long forced position. You need some time to get used to sitting on the SpinaliS, but you are aware of its positives very quickly. SpinaliS is a revolutionary, high-quality product, which can significantly reduce the effects of extensive sitting. SpinaliS has improved my quality of life.«

SPECIFICATIONS:

Fabric: cotton fabric with the look of leather,
Chair weight: 10,70 kg
Chair dimensions: width 63 cm, depth 63 cm, height: 64 cm to 74 cm,
Allowed weight: 40-95 kg,
Packaging: box 62 x 52 x 56 cm

Approximate colour of fabric

Black
R904

Grey
R711

Dark
blue
R500

Royal
blue
R502

Bordo
R304

Red
R303

Orange
R201

Dark
green
R604

SpinaliS APOLLO

Emphasis lumbar support

SpinaliS Apollo is an eccentric. As with all SpinaliS chairs the Apollo also has a moveable seat and is height adjustable. It does not allow improper posture and encourages active sitting, thereby strengthening your back muscles.

The sheer elegance and underlined comfort is what separates this from other SpinaliS chairs. When we designed this chair, we followed the particular wishes of users and inserted additional padding in the seat providing special comfort to the pelvic area. Apollo is additionally lined in the back rest and therefore offers a particularly pleasant grip to the lumbar. The arm and back rest is height adjustable. The back and seat are dressed in cotton fabric with the look of leather. It is available in eight colors with a black frame.

Although the Apollo, because of its highly-lined accessories, is liked by the fairer sex, it does not mean that many male users are not satisfied, those who, in addition to health also consider comfort to be important. Come to our shop and also try other SpinaliS chair models.



Prim. Dr. JANEZ TASIC,
Dr. Medicine. Spec.
Internist - Cardiologist

»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.«

For those who appreciate comfort.



SPECIFICATIONS:

Fabric: cotton fabric with the look of leather,
Chair weight: 14,8 kg,
Chair dimensions: width 63 cm, depth 63 cm, height: 104 to 126 cm,
Allowed weight: 40-110 kg,
Packaging: box 62 x 52 x 56 cm

Approximate colour of fabric



SpinaliS HACKER

The best-selling model

Accompany every moment at the computer with active sitting



Finally, computer programmers get their favorite. The SpinaliS Hacker has a flexible, height-adjustable seat. Due to active sitting and maintaining balance in the body there is no improper spinal position, as is often with fixed seat chairs. The backrest mimics the shape of the spinal curve and follows your movements. The back and arm rest is height adjustable. The basic model is available in eight different colours and with a black frame. The padded part is dressed in a cotton fabric that has the look of leather. The back is a black, air-permeable mesh. For additional spinal support there is an added cushioned cotton element with the appearance of leather.

The Hacker is one of SpinaliS' best-selling chairs. Already because of its name it is liked by all who spend time in front of the computer, both at work and at home. Before buying your SpinaliS we encourage you to try all our models in our salon and see which model works best for you. At first you might like one model, when sitting on them another model may surprise you. We will advise you so that the chosen model will become your friend and keep your spine healthy.

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.«

SPECIFICATIONS:

Fabric: cotton fabric with the look of leather and fabric - mesh
Chair weight: 15,00 kg
Chair dimensions: 65 cm, depth 63 cm, height: 97 to 119 cm,
Allowed weight: 40-110 kg,
Packaging: box 62 x 52 x 56 cm

Approximate colour of fabric



SpinaliS SPIDER

Comfort with a cushioned seat and backrest

SpinaliS Spider impresses with its futuristic look that cannot be ignored. Of course, the Spider has, like all SpinaliS models, a height-adjustable, flexible seat that encourages you to actively sit and encourages correct posture.

The seat is additionally padded for extra comfort. The backrest is also additionally padded in the lumbar region and together with the arm rest is height adjustable.

The SpinaliS Spider is dressed in a combination of prestigious Alcantara and microfiber, which gives an extremely elegant look and is also very nice to the touch. The basic model is available in four different colour fabrics with a black frame.

We are confident that you will be impressed with its looks, but also with its comfort and functionality. Try it and confirm your decision.



DUŠAN PUŠNIK,
dr. med. Ophthalmologist

»I use SpinaliS in my work in the eye clinic and for eye surgeries.

In the clinic I have a lot of movements that especially strain the lumbar part of the spine. The great flexibility of SpinaliS allows me to have the chair seat follow the movements of the spine. The SpinaliS chair relieves the burden on the back and distributes it evenly. Using SpinaliS, in my experience, has indirectly strengthened my back muscles and allowed me to stretch while sitting for several hours. In addition, a great mobile chair enables the continuous adaptation of the entire body to help me and my approach to operating. The chair is also used by assistants who are also very positive regarding its use. One is constantly encouraged to be active using the entire spine and back muscles while sitting. Thus, despite sitting we strengthen our back muscles the spine is constantly in motion and thus indirectly exercises.«

SPECIFICATIONS:

Fabric: Alcantara and fabric
Chair weight: 16,11 kg
Chair dimensions: width 67 cm, depth 67 cm, height: 104 to 126 cm,
Allowable weight: 40-110 kg
Packaging: box 64 x 57 x 65 cm

Approximate colour of fabric

Royal
blue
A502

Black
A904

Red
302

Orange
A201

Yes,
active sitting
really can be
comfortable.



SpinaliS NAVIGATOR

The perfect fit



Gentle touch in the back, stable support for your back



The Navigator like all models of SpinaliS chairs has a moveable seat encouraging upright position and follows your movements. Therefore, there are no improper positions, as is often with chairs having a fixed seat. The seat, backrest and armrests are adjustable in height. The backrest moves with you and fully supports your back. The lumbar area of the backrest is padded and ergonomically designed, which has a positive impact on your attitude.

The Navigator is available in eight colours. It is dressed in microfiber, giving the appearance of luxury Alcantara. The frame is black. Because of its high seat it is very popular with taller figures. It is especially liked by men and with cushioning in the lower back it has also won over a number of women.

RAŠA SRAKA, European champion in judo



»I am a top athlete, actively competing in Judo for 15 years.

The consequences of hard training and exercises with weights and long journeys by van to various competitions have begun to take their toll on my spine after all these years. When equipping my work corner I paid much more attention to quality and comfortability. I was recommended to SpinaliS by a friend and when I saw it at my physiotherapist, I wanted to test. After only sitting on it a few times I was impressed. I became accustomed to the flexible seat without any problem and after a few hours sitting on it I felt that my spine was relieved and constantly in an untired correct position. SpinaliS has now made it possible for me to sit at my desk without problems for several hours.«

SPECIFICATIONS:

Fabric: micro fabric,
Chair weight: 15,91 kg,
Chair dimensions: width 67 cm, depth 67 cm, height: 113 to 135 cm,
Allowable weight: 40-110 kg,
Packaging: box 64 x 57 x 65 cm

Approximate colour of fabric

Navy blue
D510

Black
D904

Bordo
D402

Red
D327

Dark green
D605

Orange
D203

Dark brown
D817

Dark blue
D503

SpinaliS PILOT

Prestigious, healthy and active

Comfort, luxury and health are a combination that even satisfies the most demanding. SpinaliS Pilot will amaze you with all of the above. It is intended for those who have active lifestyles, who love to have the best and who are responsible to themselves and their health. The exceptional comfort of the Pilot model has an airbag, which has been lined at the height of the adjustable seating part. The head restraint is fixed the backrest and armrest is adjustable to the desired height. In addition, you can adjust the depth and thus determine the position that suits you best.

Pilot is available in four colours in the prestigious business combinations of leather and Alcantara.

The special construction has a slightly stiffer spring built in, but still allows for active sitting which relieves the spine. Prestige, like all of us would hope for. Select it, too.

The most prestigious model of the SpinaliS family



MARKO POTRČ,
Guinness world record

»Before setting the record I had long thought about an appropriate seat with which I could beat 122 hours of continuous radio program hosting and thus continuous seating. Fortunately, I had heard about the SpinaliS chair and just by the description I was excited. When I tested the chair, it was clear: this was the chair on which I would set a world record! Despite sitting over 122 hours, and that movement outside the studio was minimal, I passed this time without back pain, which mostly occurs after long sitting. Despite my fears the entire spine was the part the caused the least problems. SpinaliS was certainly extremely helpful in my quest.«

SPECIFICATIONS:

Fabric: Alcantara and leather,
Chair weight: 26.11 kg
Chair dimensions: width 67 cm, depth 73 cm, height: 134 to 147 cm,
Allowable weight: 50-120 kg,
Packaging: box 56 x 65 x 98 cm

Approximate colour of fabric

Brown
L819

Red
L302

Black
L904

Grey
L723



SpinaliS DENT

For special jobs

*Ideal for jobs
where sterility is
important*



SpinaliS Dent is intended for specific jobs (dentists, dental technicians, ophthalmologists, etc.), where it is necessary to lean over the patient or work surface while maintaining maximum mobility.

The moveable seat follows the movement of the body, thereby preventing incorrect positioning. The seat and the rest for arms and back rotate and move independently, allowing for comfort in unusual positions. Dent is the perfect choice for working environments where sterility is extremely important. It is dressed in a fabric, which allows disinfection and a chrome plated frame and foot ring. It is available in three colors.

Aljaž Pegan, World and European champion on the horizontal bar



»For 20 years I have been doing gymnastics. My whole life has been subjected to only one goal and that is winning medals. Therefore, I have to be 100 % mentally and physically ready at every competition. In 1997 I fell from the horizontal bar and injured my spine. One disc fractured and one was compressed and my sports career was highly questionable. I avoided surgery because the flexibility of the spine would have been severely lessened. I tried all other options. With a variety of treatments I was able to rehabilitate the injury to some degree, but I never knew when I would feel the »pinch«.

Coincidentally, I found out about the moveable SpinaliS chair. In the beginning I thought it was pointless to use it, but soon I felt relief. While sitting in the chair the spine is in the correct position, the muscles take the load off the spine. After sitting in the SpinaliS chair my spine was unburdened and ready for new training without additional spinal exercises, which were inevitable before the use of this chair. My injury would not have been prevented by using this chair, but I'm sure that using SpinaliS immediately after injury could have significantly reduced the recovery time.«

SPECIFICATIONS:

Fabric: antibacterial fabric
Chair weight: 14,00 kg
Chair dimensions: width 63 cm, depth 63 cm, height: 78 to 91 cm,
Allowable weight: 40-110 kg,
Packaging: box 62 x 52 x 56 cm

Approximate colour of fabric

**Beige
P901**

**Dark
blue
P503**

**Light
green
P518**

FROM HIS OWN PAIN TO GLOBAL INNOVATION

The story of SpinaliS

About 15 years ago, Tomaž Ham first met with back pain. Problems due to sports injuries were increasing, so doctors advised the use of therapeutic balls. However, since sitting on a ball in the office was neither practical nor appropriate, Tomaž began by making the first chair, which imitated sitting on a ball.

In his home workshop he created the first chair with a movable seat, and then asked renowned orthopedic Dr. Janko Popović to evaluate the prototype. According to his enthusiastic response and positive assessment the SpinaliS chair was born, which in time has become a synonym for active sitting and active living.

Today SpinaliS is steadily conquering the world. It has received numerous awards for innovation, including the Business Award for Most Innovative European idea. Of all the 'awards' perhaps the biggest one, which is not given by any international institution: Tomaž Ham is today without spinal problems and can take part in all his favorite sports.



SpinaliS BENEFITS



The team, who devotedly makes your SpinaliS, wishes you a healthy sitting.



NO RISK

With our good purchase guarantee the buyer is able to return the SpinaliS within 30 days of the delivery date, in the event that they are not satisfied sitting on the SpinaliS.

The purchaser whose SpinaliS has not met their expectations and wants to claim their good purchase guarantee will get the entire purchase price returned in the event that the SpinaliS chair is undamaged, returned with the guarantee booklet and in its original packaging. In the event that the dissatisfied user returns a chair that is dirty and the stain can be cleaned, the buyer will be charged 10% of the value of the chair for cleaning. A buyer who claims a good purchase guarantee is not eligible to purchase a new SpinaliS within the next 12 months.



WARRANTY

SpinaliS has a three-year warranty on all parts except for the fabric. Tip: When choosing colours for your SpinaliS note that the lighter shades get dirty faster. The fabric colours on the colour scale in the description of each model are approximate.

The natural characteristics of leather fiber and visible material defects are not a subject of complaint.



FREE SHIPPING

When designing and constructing SpinaliS the following standards have been followed:

- EN 1335-1,
- EN 1335-2,
- EN 1335-3 and
- DIN 4551

We perform free delivery throughout Slovenia between 8:00 and 15:00. The chairs are delivered unassembled and can be easily assembled in a few minutes. For assembly the customer will be charged separately.

THE FIRST YEARS ARE CRITICAL FOR THE HEALTH OF THE SPINE

»A poorly formed spine in childhood will cause problems in our mature period.«

The first years of life are critical to the health of the spine, especially during accelerated rapid growth between the ages 6 and 12. Incorrect posture in early childhood and then at puberty (for example, in school or in front of TV), too heavy school bags or other goods (sports equipment), poor nutrition and lack of physical activity - all can adversely affect the construction and development of the musculo-skeletal system. A poorly formed backbone during school years will cause problems in our mature years. It is also during the early stages of development that irregular curves may appear.

Ivica FLIS SMAKA, Dr. Med.,
Spec. Physical Medicine and Rehabilitation
Source: <http://www.oblizi.si>



FOR A HAPPY AND HEALTHY CHILD

Learning is an exhausting thought process that takes a lot of energy out of the child. It is known that sufficient muscle activity during learning contributes to better focus and concentration, while too much or too little muscle tension and strain causes drowsiness or excessive fatigue. SpinaliS helps a child maintain proper posture while sitting, thereby allowing him/her to appropriate muscle activity and preventing excessive muscle fatigue due to burdening of the muscles. Thus the child while sitting on a SpinaliS remains focused for a longer time, more attentive while learning, especially getting used to doing their school work in an easier, faster and playful way.

Sitting and movement at the same time - a winning combination for our toddlers

»SpinaliS due to its moveability optimally meet the child's need for movement also during medical treatment. Sitting all the time makes the body active and in the correct position, which is a necessary starting point for better speech motorics and thus more successful speech therapy treatment. For most children SpinaliS is a better choice than therapeutic balls.«

IRENA LOGONDER, speech therapist

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 exhausting 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!

Transition from playing games to work

SpinaliS offers children the possibility of different, more interesting movement than they are used to sitting on ordinary chairs, thereby providing them with the possibility of a more fun transition from playing to serious school work.

I believe that SpinaliS, in addition to a number of positive effects on posture, even from a psychological viewpoint it greatly helps work in school and focuses attention on learning, so I fully support The Spine-Friendly School Project and am keeping my fingers crossed that more and more schools and children will be involved over time.

Tina Rutar Leban, Dipl. Psychologist, Educational Research Institute, Ljubljana



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 follows two classes, has been running since 2006. 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 are monitored and checked annually by physiotherapists and orthopedic surgeons who check 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 and second year 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. In the comparative class there were more disturbances with rocking back and forth and more getting up. The results showed that concentration during tests and results were slightly better in the classroom with SpinaliS chairs since the first grade.

In the last comparison of the two classes 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 seat work need active sitting, whether it is on the therapeutic ball or a SpinaliS chair. This is evident by the enthusiasm of children themselves, even more so their parents, who are very excited about the »spine-friendly school« project.

Brigita Bukovec, athlete, Olympic silver medalist



After a sports career I had back problems, so I avoided prolonged sitting as such (in front of the computer). I changed quite a few chairs and also spent a lot of money without success. Now I have finally found it! SpinaliS is the only chair that is designed to adjust to me and not vice versa, so my body withstands prolonged sitting without pain. Since I also want the best for my children, it was immediately clear that they would also be using it. This is what we all need!



A prominent orthopedic surgeon warns: »POOR POSTURE CAN BE IMPROVED«

»When we talk about posture, we think of the whole body, not just the spine posture. For normal posture to maintain balance the body needs a minimum of muscular effort and that is the spine protected as much as possible against degenerative changes and injuries.

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...), one develops inadequate reflex posture which remains permanent, however, neither reasonable nor effective. A child with poor posture becomes a man with bad posture, who later moves and balances and practices their profession with greater muscular effort, resulting in faster fatigue, lower productivity, and accelerated tissue aging.

Thankfully, bad posture is often due to insufficient and incorrect muscle operation which can be entirely corrected (as opposed to deformation and other damage) with will and discipline.

The main cause of the occurrence of incorrect or poor posture in children and youth is central nervous system fatigue. 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.

A new world opens up to the child's mind, except to his natural instinct for movement which is poor. Add to this the lack of fresh air, sunlight, wholesome and quality food, then it is no wonder that all these factors have combined with the lack of movement and the many harmful effects of modern civilization lead to chronic fatigue and to so many examples of poor posture.

»I think the idea of a moving chair seat is one of the important things in preventing poor posture and thus prevent the degeneration of the intervertebral discs. 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.«

Dr. Janko Popovič, an orthopedic surgeon

FREQUENTLY ASKED QUESTIONS ABOUT SPINALIS

Why is SpinaliS so special?

Because it follows the movement of the body and this keeps the spine in balance. This is allowed by the moveable seat which moves in all directions according to the movement of the body moves in the direction of the pelvis and spine, with that maintaining the spine in the correct position all the time.

Why could anyone use SpinaliS?

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



Sitting in a chair SpinaliS seems pretty unstable.

At first glance, it is true, but after a few days of active sitting the SpinaliS becomes very comfortable. Adapting to the SpinaliS feels strange at the beginning because we are used to conventional chairs with a fixed seat. You sit with relaxed back muscles leading to a back injury. Sitting on a SpinaliS can be compared to sitting on a therapeutic ball, where you maintain balance at all times. Although it is difficult to see at the beginning, you will get used to active sitting very quickly.

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

At first glance it seems so and the first few days also true. It is similar to running a marathon 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 the 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.

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 reaction 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

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.

Has it been medically confirmed that this chair »works«?

Many clinical tests with therapeutic balls have shown that active sitting is the only useful way of sitting. Active sitting is the basic idea of SpinaliS chairs, having simultaneous movement of the pelvis and spine activate the muscles, thereby preventing improper movement - the most common cause of injuries and back pain. Many doctors' positive opinions support the efficacy of SpinaliS. It is also evident from many statements of satisfied users

Do you recommend the chair for persons with a damaged spine?

We recommend that users with an impaired spine (especially serious injuries, after surgery or with a complex diagnosis) first consult their

orthopaedist to advise if it is suitable for them to use therapeutic balls or SpinaliS.

Who manufactures SpinaliS chairs, or they a European product?

SpinaliS chairs are the result of domestic, Slovenian development. It is an original innovative patent of Tomaž Ham, owner of HAM Ltd. The overall production, with the exception of two items, takes place in Slovenia under the control of HAM Ltd. in cooperation with cooperants.

How should the SpinaliS be maintained? What about service?

SpinaliS chairs do not need special maintenance, however, they can be wiped with a damp cloth and mild detergent occasionally or when needed. All the vital parts and complete structure of the chair are made of metal, which greatly reduces the possibility of damage and ensures exceptionally long life - 10 years. Since the whole production takes place in Slovenia, potential problems are fixed immediately or within a few days.

What guarantee does SpinaliS have?

SpinaliS offers a three-year warranty which recognizes the functionality of the chair. The warranty does not cover damage to the fabric by a sharp object. Otherwise, the normal life of the SpinaliS chair is 10 years and more.

Why is SpinaliS more expensive than other chairs?

SpinaliS is impossible to compare to other chairs that do not allow for active sitting. This would be like comparing a red apple and tomatoes, which are at first glance really similar, but when you taste them, you see that they're completely different.

Good health can not be bought, but you can invest in SpinaliS and begin to live without back pain. SpinaliS is tested and the opinions of thousands of users attest to its value and price. Although the price, at first glance, is really not small when we compare to the value of our health, such an investment is worthwhile. If you calculate how much money we set aside for physiotherapists, visiting the doctor or even self-paid medical intervention, not to mention absenteeism and associated loss of earnings ... In fact, health and a pain-free back is worth all the money in the world and we firmly believe that the SpinaliS is worth a lot more than you pay for it.

Someone who suffers or has suffered back pain will tell you that the normal life they were used to is over. They cannot sleep, their work and careers greatly suffer, sport activities are questionable. Ask them whether they would be willing to invest in a chair, such as SpinaliS to prevent problems?

Does SpinaliS really work »miracles«?

SpinaliS does not have magical powers with which it could heal all spinal problems, but it is true that in most cases it greatly reduces or even eliminates back pain. It is also the opinion of an eminent orthopedic Dr. Popović as one of the most important preventive measures to minimize spinal problems.

What about maintenance and service?

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If you have chosen a light coloured padded chair, it is not advisable to sit in dark coloured clothing, because these may leave some colour (jeans, etc.)



CERTIFICATES AND AWARDS



The Spinalis chair was awarded by the magazine The Independent - London as the best buy office chair among global competition

The Spinalis chair has the certificate of compliance with European standards on office furniture CE



Recognition of The Chamber of Craftsmen of Slovenia for the quality of Spinalis chairs



The mark SQ (Slovenian quality) with international test

The Spinalis system of active sitting is patented in most developed countries of the world



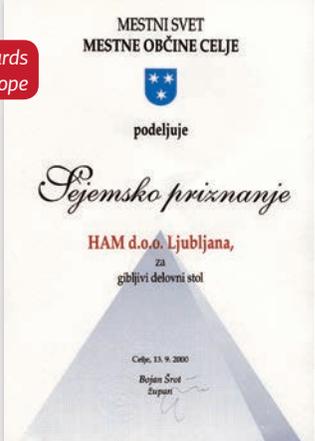
Business Award for Most Innovative European idea



Spinalis chairs have received many awards at fairs in Slovenia and elsewhere in Europe



Recognition Mirror of Slovenian success





SpinaliS brand is registered in most of developed world countries



In recognition of quality SpinaliS chairs received TÜV certificate



Japan registered trade mark



Norwegian registered trade mark



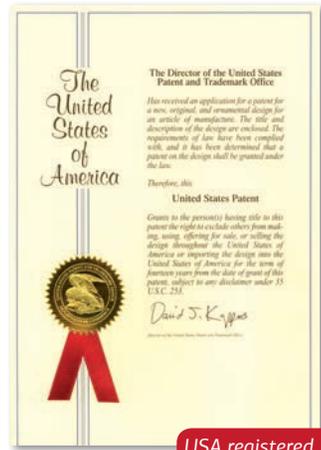
Quality of SpinaliS chairs was also confirmed on Slovenian Institute of Quality and Metrology



Golden award for SpinaliS Pilot on REHAPROTEX fair – Brno



USA registered model protection



USA registered trade mark



Best office chair in Czech Republic for year 2010



Award on MODDOM fair – Bratislava



Business example 2010



Sandra and Tomaž Ham: authors of SpinaliS patent and company owners.



SpinaliS SHOWROOM

Gerbičeva 102, 1000 Ljubljana
Slovenia, EU

tel +386 1 242 08 70

+386 1 242 08 71 (showroom)

gsm +386 51 677 810

fax +386 1 242 08 77

@ info@spinalis.net

working hours 8-18h

Saturday, Sunday and holidays closed

www.SpinaliS.net

