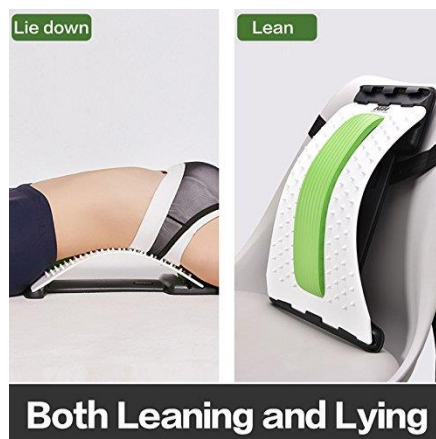


Posture Corrector Back Stretcher Support



I found this really good Item on Amazon that mostly has Very Good feedback and Excellent feedback of mostly 5 Stars. There were only about 10-12 people who did not benefit from this out of 170 Feedback reports. I checked them out for you before recommending this product on my website.

From my observations, those who did not benefit were either too tall or too short or carrying excess weight. A few people had some difficulty in putting it together and could have asked someone to help them.



I am about to purchase one of these for myself because of extended hours at the Computer for my Websites. If you read through the Feedback Reports I have placed here for you from Amazon, you will see different back conditions people have/had who are benefiting from daily use with one of these. Had to let you know!

I use this to stretch out my back after long hours in front of the computer. Works great! **Only 5 mins and I feel rejuvenated again.** The arch piece is a little loose fitting when changing from medium arch to low arch position. The plastic takes a little while to revert back to low arch setting. Still works great and eventually it fits snug again.

I was skeptical about this product at first. After several uses at level 2 my back and neck pain has been reduced! It is like having a chiropractor in your home. Everyday I would wake up with low back pain and a dull achy neck. Since using this product, I don't have that pain anymore. I highly suggest this product to anyone who is suffering **from back and neck pain.**

Helps my back and posture.

This really helps! See Dr. Vintanze's videos on YouTube on back stretchers and how to properly cross your legs. This makes all the difference in the world when using a back stretcher. I really like this stretcher!

I am very pleased with the Smart Memory Foam Lumbar Back Support cushion. I've only used it on short trips so far, 2 hour stretches at a time, and it helped to keep my back from hurting at the end of the trip.

Very Helpful. I have lower back pain. I bought foam cushion but it didn't work for me. This one is solid and gives better support and massage.

Great product! This cushion was great life saver for my **lower Lumbar back after bone fusion** on my L 3, 4, and 5 and S1 nerve to ride in the car after my recent surgery. I was using this while I got rear ended in my minivan after my surgery. I am pretty sure this saved my back from further damage! The price was great, as well!

Perfect stretch. My husband and I really use this product a lot. Great for stretching our lower back. I could almost fall asleep on it.

It works for my Dad. I bought this for my father because he has back pain. He said it's useful for him and he loves it. He needs spend at least 20 minutes every day for this pad. I'm not sure this works for everyone but it works for my dad!

No more pain!

I purchased this product for work. I sit in an office chair for 8 hours a day and my back starts killing me. I also have **Lordosis (condition)**. First day of using this I was relieved instantly for hours.

I love it! I would go **numb from the waist down** before and now I don't it has relieved the **pressure on my nerves** and everyone asks me about so I tell them. Someone even tried it out and likes it too.

Good quality lumbar cushion. Arrived in a timely manner and is decent quality for a reasonable price. Is nice memory foam not the cheap stuff. I am pleased with my purchase.

Try it, You'll Love It.

Of all the back support products I have tried, this is the best. It gives the support I need and the comfort I enjoy.

Excellent!

It is really, really GOOD! Provides the back a much needed arch upwards instead of the usual "chair slouch." Highly recommended.

Five Stars

Excellent product. **Drove 4 hours** utilizing lumbar support, never felt better. After having back **surgery 3 months ago**.

Love it! I use it for the computer chair and watching TV! **It helps tremendously with back strain since** and I even got one for my gran who recently underwent back surgery. She told me it is wonderful!

Great for relaxing back muscles. This works great! My wife had **a lot of lower back pain** and nothing seemed to help. We tried this and she said **she could feel as her back went back into alignment**. Amazing little device.

Great for Relief of back pain. This product t works great and has helped to almost eliminate my back pain.

NOT QUITE WHAT I NEEDED.

This pillow is not quite what I was expecting, it does not give the lumbar support that I need, but it does give my back support in my lounge chair to **help me sit up vs. lounging back**.

Did not meet expectations. – What was this person expecting?

Works great on the back of my office chair.

Works great on the back of my office chair. I tried to use it in the car, but it felt a little awkward. Either way, Love it for the chair! **Feel very supported!**

Back will feel better. Easy stretch for my back. 10 minutes works for me!

AMAZING! Instant relief from **lower back and shoulder pain**. It is a little hard to bend to switch arch levels and needs strong arms, but other than that, highly recommend!

I am so glad that I ordered 2 of the supports. I am able to have one here at home, and the other one can go everywhere with me. It truly has been helpful since the first time I used it.

Thank you.

Lumbar Back Support. So good so far, seems comfortable. 1st day trying it out, will keep you posted. I purchased this because of my pinched nerve, to support my back.

Buy it! I have **herniated discs** so I bought this to help ease the discomfort when I drive or at work when I am sitting at a desk. This product **has helped so much!**

Back support. This cushion provides comfortable support for the **lower to mid back, relieving what was constant pain.**

The best! This is the second one I bought. One for home, one for driving. **It is the best support for the back bone, effective for releasing back pain.** I can't believe there's anything else better than this.

This product really works! I love this product! It really helps with my back pain! It's so awesome to be able to get **relief at the end of the day without medication!**

Not too bad.

It does good work as long as it's not cold.....can take 20 mins to warm up and mould to your back in winter.

Worth the money. My dad recommended this to me. It seems to be helping my lower back.

Five Stars! Very comfortable and supportive. I love this cushion, and use it wherever I need thanks to the carry bag.

Five Stars! Great for stretching lower back muscles to **help relieve spasms from injury.**

5 Stars! Works great. Conforms to your body, and is just the right thickness.

Adjustable and easy to use. Helps with gentle stretch and relax.

I don't like the spikes in the middle of the device. It is however light weight, travels well and could be helpful for mild spinal decompression.

This cushion is a great asset to my car. This cushion is a great asset to my car; **it keeps my lower back tall, and it prevents my torso of collapsing while driving.**

What you see is what you get.

It works just as I thought it would. Great for gently working into backbends.

So comfortable!

So soft, worked very well on my 5 hour flight to the west coast. It's large but very light and easy to pack since it compresses.

Excellent Product. This is the most comfortable back support I have ever purchased! The last one I bought years ago is too stiff, but this one conforms beautifully to your back. Very Comfortable. I love it!

Great Product. I am sure glad I made the decision to order this back support cushion. It is fabulous. I carry it between my recliner and the car because I find it really supports my back and makes it less painful after sitting for long periods.

Five Stars!

Wouldn't have been able to deal with a **cross-country flight at nearly 6 months pregnant** without it.

Got this last week. It was a little harder to set up than I expected, but it works well. It helps my back pain feel better.

Fabulous product! It has **helped my back and tailbone pain so much!** Fast shipping too!

My back hurts due to the bad posture. This Back Stretcher helps! I work on computer all the time. **My back hurts due to the bad posture. This Back Stretcher helped me to improve my condition a lot.** It is portable. I also take it with me when I drive on the road.

Best Investment I've Made Toward Solving my Back Problems.

I have had this for one week and have noticed that it really makes a difference. I was uncertain at first about getting it but decided to proceed after finally seeking out physical therapy for sciatic/lower back pain. Seeing the improvement, I'm considering getting a second one for home/auto use. Best investment I've made toward solving my back problems and cheaper than everything else that I have done in an effort to alleviate the discomfort. Bravo Bodyease!

I use it as a foot massager sometimes. A Useful tool to get treated and relaxed for people who experience back pain.

Absolutely love it! I work at a desk all day.

This support cushion gave me relief almost immediately. It works so well, I bought another one--one for work and one for home! I absolutely love it! I work at a desk all day. With this support cushion, **I don't have that nagging back pain or stiffness that I use to get.**

Great Lumbar Support Cushion.

I have had extremely painful back pains for years. As soon as I sat in a chair with the Lumbar back cushion **my lower back starting feeling better.**

Since I have two chairs that I use each day for computer and television, I ordered the second cushion. I am very happy to give a five star review on this product.

I love the memory foam!

I'm a truck driver and I use this every day at work. I like that its memory foam and contours to your back. **Its comfortable and helps keep the spine aligned.** I would definitely buy again.

This thing works GREAT!

This thing works GREAT!!!! It's very comfortable and every time I sit in my office chair I can feel the support. At the end of the day **my lower back doesn't hurt like it use to.**

Excellent quality cushion.

I bought this cushion for my college-age daughter who was **experiencing back issues as a result of her desk work.** She reports that the pillow is very comfortable and of excellent quality. It definitely seems to be helping.

Read description more carefully.

This product is large and very soft. It has sides that curve up and a flat back. I did not notice the "beads" mentioned. I was looking for something firmer and with a design that curved out from the back of the product. It is very large for a shorter woman. This was not what I was looking for.

Alleviates lower back pain.

I sit at a desk all day, and this item is a life-saver. It's the first time in years that my lower back doesn't hurt. I cannot recommend this enough.

Holds Shape Very Well - More Firm than Other Supports.

This is a more firm lumbar support than most I've used. I very much prefer it due to it's firmness. It also has an almost "fleece" style texture and it holds it's shape very well.

Comfortable Support.

Purchased this back support cushion just recently. It seems well-made and came in its own carry bag. **It is quite comfortable for sitting with correct back position**, and my husband has already appropriated it for his own use. Maybe it will get 5 stars if I ever get it back!

A bit too thick.

Cushion is too thick and moves your bottom too far forward in the seat, leaving your legs with no support, I am 5' 7" and weigh 128 pounds. Can't quite imagine how this would work if I were heavy.

Great for Couch or Office Chair.

This is a great product for people like me who are looking for more back support. I have felt that I slouch while watching TV. on the couch and also when in my work chair. This pillow has helped me with my posture when watching TV (I just set the cushion on the couch and put the straps behind it). I also have enjoyed attaching it to my work chair with the attached straps.

I think this product is ideal for anyone who wants to improve their posture with a price conscious and comfortable product.

Must have for lower aches and pains.

I think I'm in love!! **I have awful hip issues** and was hoping this would help even though it said for your back. **I don't feel the tightness in my hips when I stand up and so far the constant popping has quieted down.** I would recommend this product for anyone with hip, back, or static pain because it will really help. It has a elastic band on the bottom so you can attach it to the chair for less movement also.

Great back support for sitting a long time in one position.

I love my new seat cushion. It really makes my working on the computer so much easier on the back. I used to work 8 hours a day sitting at my work and I know how hard that can be on the back. I am so glad that I was able to find this cushion. I am so glad that companies now make these to make it easier on our backs.

Provides amazing support.

Never thought a small cushion could be so powerful. This cushion is amazing. I strongly urge anyone with back problems to get this. It has made a world of difference **especially when you sit at a desk all day!!!**

The memory foam helps provide good support while adding the needed comfort and relief.

As someone who is **currently battling inflammation of the coccyx region**, this pillow has been a godsend. **It helps alleviate the pain in my tailbone when sitting for longer periods of time.** The memory foam helps provide good support while adding the needed comfort and relief. The size is perfect in width and height **to avoid those stabbing pains.**

Nice back support. Very sturdy and soft and seems to be good quality.

I love this.

I have had **lower back issues since I was pregnant with my daughter** 3 years ago and this works wonders to help relieve the pain.

I am absolutely in LOVE with this lumbar support pillow.

I am absolutely in LOVE with this lumbar support pillow. The memory foam used is of high quality and has held it's shape so well. It is so comfortable to actually sit at my computer and work.

And trust me, I am no stranger when it comes to low back pain. I have already had spine surgery (a lumbar laminectomy at L5-S1), still have spinal stenosis, degenerative disk disease, AND herniated another disk from child birth. Bypass the mesh screen looking ones.

This one is secure, has straps, a carrying bag, and dense memory foam.

Stretches My Spine.

Careful to read the instruction before using and then try it ten mins per day for beginning.

Available on Amazon. I found them [HERE](#)

PLEASE ALSO KEEP IN MIND THAT WALKING AND PHYSIO-RECOMMENDED EXERCISES ARE GOOD FOR US AND NECESSARY FOR MOST OF US, TO HELP WITH KEEPING MUSCLE TONE TO STRENGTHENOUR BACK BECAUSE IDEALLY, WE SHOULD HAVE AT LEAST 40-50% SUPPORT COMING FROM OUR BACK MUSCLES.

Physio therapists often say "if you don't use it you lose it" so if we are out of condition, it is Good to Build that back up again. Hey?

Back Stretcher Device - Lower Back Pain Relief, Lumbar Stretching Treatment, Spinal Stenosis - Posture Corrector - Back Support for Office Chair
by [Bodyease](#) [14 answered questions](#)