

5. Relaxation^{9,10}

It has been suggested from different sides that the Backstretcher should be able to play a part in relaxing and fighting stress. In the first place, the Backstretcher is used intensively for this purpose in Japan. In the second place, HELPmedical regularly receives feedback from users about the "relaxing effects".

Furthermore, 9 out of 28 participants in the study (P. Verweij) who suffered from moderate chronic back complaints, spontaneously mentioned this relaxing effect. Finally, HELPmedical is frequently approached by Yoga therapists with the question whether the Backstretcher would be useful in their field.

These suggestions concerning the possible relaxing effect have led to two studies, the first in a "cool-down" situation after taking part in an intensive aerobics lesson, the second in a yoga environment, on the one hand to prepare for a meditation session, on the other hand after a yoga session.

The results underline the relaxing effect of the Backstretcher which has been suggested, as illustrated by the following data [Backstretcher has been abbreviated to BS]:

Cool-down	n=147	Lying on BS for 15 minutes <u>after</u> aerobics lesson	59% enjoy cool-down on BS (very much) 77% find BS (very) relaxing
Yoga	n=60	Lying on BS for 15 minutes <u>after</u> yoga lesson	85% prefer BS to lying on the ground 75% consider BS to add to the yoga lesson 100% of the people with back complaints report spontaneous improvement of complaints
	n=60	Lying on BS for 10 minutes <u>prior to</u> Zen meditation	100% find lying on BS a good preparation for meditation 100% report that the meditation position is easier to assume and to maintain; this was also found by the yoga teacher

Conclusion from these studies is that lying on the Backstretcher has a relaxing effect on most users.
