

BetterBack Instructions



1. Unpack

BetterBack zips itself into a portable case. Throw it in your bag and unpack it when you're ready to sit.



2. Wrap

Place both feet flat on the floor (it's ergonomic!). Wrap the back pad around your body and hook the knee pads over your knees.



3. Stack

Lean your chest forward and grab the adjustable leg straps. Then, sit up straight while you pull on the straps to tighten and vertically stack your spine into perfect posture.



4. Clip (Optional)

Slide the left strap into the center clip to keep your legs together. Pull the center clip towards your body until you feel awesome.

Tips & Tricks

1. There's no universal "right" or "wrong" way to wear your BetterBack. It's all about finding the perfect fit for you! Don't be afraid to play around and adjust throughout the day.
2. Try wearing the back pad higher up on your back until you find just the perfect spot.
3. You may need to literally sit on the edge of your seat to place both feet flat on the floor.

Warning: It is not safe to wear BetterBack while driving.