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The Intelligent Consumer Column

By the Back

BACKLIFE is an Israeli company established in 1999, to treat back problems. Their device, which was sent for testing, is also called BACKLIFE, and is priced at NIS 1,500. (in Dr.Gav stores, or phone 1 700 509 050).

It is accompanied by clear usage instructions in writing, on CD, and on video.

The action, in short: Lie on your back, knees on the apparatus which is adapted to the user's height.

For twelve minutes BackLife gently moves and straightens the curvature of the lower back, releasing pressure between the vertebrae.

We tried it for two weeks, and the improvement on the lower back (which hurt considerably when we started), was recognisable when used twice a day. We received more solidly positive opinions from two male experts.

The first, from a dentist who works in positions that can damage the back, said: " It's given me a new life."

The second analysed the way BackLife works and explained why it can only help, and not hurt.

What we can testify to, is that it is pleasant. Our problem is that as two users of one piece of equipment, we have to keep readjusting the height twice a day, and a few times the button got stuck. People with serious back problems must consult a doctor before starting treatment, and we recommend asking to try it at home for a few days before purchasing .

Rated 4.5 stars out of 5 .