



EXPERT'S OPINION of the special stool : Wipp-Sitz

Sitting makes you ill – at least on “normal” chairs and it does not matter whether they are well upholstered or not. The idea behind this provocative statement is the fact that motionless sitting puts a strain on the spinal column and that the supply of blood in the legs will be constricted because of the “normal” seats. As a result of the lack of exercise there will be problems with the back and the legs in particular for people who sit the whole day long.

Up to now the only way to prevent danger for legs and spine was to stand up, to walk around and move during working.

But now there is Wipp-Sitz which allows active sitting – so you do not have to leave the seat while doing important work. The construction of this brilliant and simple stool offers a lot of advantages in contrast to conventional sitting because of its movable seat which supports a permanent motion concerning each single vertebra. The muscles of the spinal column are activated because of the regular movement which also supports the blood flow and makes it easier for the discs to take in some nutrients from the environment. So you can easily act against signs of tiredness, dehydration and painful joints/back pain.

Although you can feel hardly any movement of the muscles of the legs during sitting it is possible to reduce problems of the veins.

Wipp-Sitz was tested in my medical practice and also in various industrial institutions. There was a very positive response of all users of this stool. Some of them claim that they feel better after using Wipp-Sitz.

Wipp-Sitz is suitable in professional life as well as at home because of the ergonomic design and its simple use. This stool is just right for teenagers with bad posture but also for older people who suffer from chronic signs of tiredness. I use Wipp-Sitz for rehabilitation, but I recommend this stool unlimited as good alternative to conventional sitting.

Orthopaedics, Rehabilitation, Social medicin, Chiropractic

A handwritten signature in black ink, appearing to read 'Las', is placed on a light-colored rectangular background.

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