

Who and What is DUOREST?

●What is Duorest®?

The short and somewhat glib headline answer is that it is an incredibly comfortable design of back rest, which it is. However, allow us to explain it's origin...

It is not a 'chair' as some think of it, it is a back rest design for an office chair. It was designed by a German professor (Dr. Matthias Brunig) who no matter how hard he tried, could not find a comfortable chair. He solved this himself by fashioning and playing with off cuts of foam which he stuck on his office chair. Eureka, he found just the right level of support and comfort he was missing all along.

Being of an entrepreneurial mind, the professor took his idea for his newly formed back rest to many seating manufacturers with a view to producing it en-mass. No company took interest until he spoke with Grahl GmbH, latterly Rohde & Grahl.

Grahl are an office seating and furniture manufacturer in northern Germany who have always had workplace ergonomics as a top priority in their thinking and design processes. They saw the potential in the design and took the Professor's initial concept and worked together with him to create the now world famous, Duorest backrest.

In 1995, the Korean company named "DUOBACK CO.,LTD" bought the license of the backrest from Grahl. And the brand name of the chairs made by "DUOBACK CO.,LTD" is DUOREST.

It has continually evolved and improved through much investment in to a back rest that is highly regarded today. Medical professionals, physiotherapists and insurance companies recommend Duorest for its dynamic support and postural benefits.

●Duorest - "Dynamic Seating"

The perfect backrest has to fulfil two apparently contradictory criteria; It should not only support the upper body and take over the function of the muscles which support the back; but also follow and facilitate the movements of the upper body.

The resultant 'dynamic sitting' stimulates the muscles, helping to prevent back strain or alleviate existing pain. Just as importantly, this stimulation retards the natural build-up of muscle tension, helping to lessen the effects of tiredness.

The unique split back pads of the 'Duorest' are positioned halfway between the top and bottom of the spine so that when reclined the lower sections of the pads move forward straightening the spine and pelvic girdle. This is a vital point often stressed by both back specialists and office ergonomists.

Height adjustable, the backrests correctly support the back of any person. The space between the pads allows the spine to move freely. Instead of putting pressure on the spine, support is evenly distributed throughout the back muscles.

The backrest are pivotally mounted enabling them to move in all three axes - forwards and backwards; up and down and left to right. It means that the back is fully supported in all positions. Uniquely, the mountings provide the back with 'active support'. The shape and mobility of the backrest ensure that they follow the contours of the back as it moves, varying the support needed and stimulating muscle tone and blood circulation.

Duorest® is office ergonomics perfectly applied.

●Features



Each Duorest® pad is independently mounted on a firm yet flexible bracket.



They are designed to flex and move as you do, continually adjusting to changes in your posture...

... They will 'hug' your back when you are seated and each pad will adjust itself to the unique shape of your back...



... The vertical gap between the Duorest® pads reduces direct pressure on the spine by up to 50%. Recommended worldwide by physiotherapists, medical professionals and work place assessors for the support and ergonomic excellence Duorest® provides.

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●Flexibility

The Duorest® makes dynamic sitting a reality by allowing freedom of movement in any position - leaning forward, leaning backward and side-to-side. Dynamic sitting makes working more efficient and productive.

The Duorest® has unique three-axis flexibility, allowing for turning, side and back movements whilst always supporting the spine, shoulders and arms.

The Duorest® promotes a correct sitting posture in all positions, supporting muscles and discs, and prevents restrictions to the pelvis and legs, whilst remaining comfortable.

The Duorest® supports the back in a way that reduces fatigue and alleviates spine and back related problems associated with long sitting.

The Duorest® was designed to integrate the body's biomechanical needs with the functional features such as lumbar support, backrest inclination, adjustable seat depth and multi-functional arm rests. These Duo-Back features work in concert with the body in both static and dynamic postures.

●What makes Duorest® unique and better?

The most unique feature of the Duorest® is the hugger feature. This backrest design allows the stabilization of the body's trunk by supporting the back vertically and in changes of posture and positioning. It allows the body to be supported at more angles and inclinations than any other chair available in the market, because it actually hugs your back. This makes the Duorest® more adaptable to a wider range of work activities.