

Excellent professional service &
extremely knowledgeable
General Practitioner

For Home

Sleeping consultation

Get the right advice from a team who understand your specific needs. Mattresses & pillows should be trialled with correct alignment/support being crucial to making the best choice.

Know your bed size & wear loose, casual clothing!
(Allow 30 mins - 1 hour)



Armchair consultation

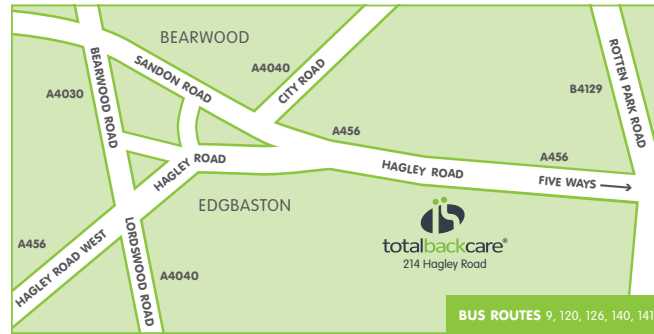
Comfort & support are essential to relaxation, particularly when you have back/neck pain. Height, width and depth of the seat, with correctly aligned arm/neck rest are as important as the lumbar support.

Bring slippers & a good book!
(Allow 30 mins)



Which is best for me?

Location Map



From Birmingham

Take A456 Hagley Road towards the M5. Pass TGI Fridays on your left, go straight over next traffic lights, passing Edgbaston Palace Hotel & Henbury Court. Look for '214' sign on your left & turn into driveway just before it.

From M5

Take A456 towards Birmingham for approx. 4 miles. Pass Portland Hotel on your left, just after pedestrian crossing lights look for '214' sign on your right.

Opening Hours

Monday – Friday 09.00 – 17.00 by appointment.

On-site parking available.

For Work:

Consultations 'For Work' at The Studio by appointment only.
On-site Consultations available – Fees apply, phone for details.

For Home & Travel:

Callers can usually be accommodated but an appointment is best if travelling far to ensure a Consultant is available to see you.



Consultation Centre

The Studio, 214 Hagley Road, Edgbaston,
Birmingham, B16 9PH.

t: 0121 434 5670 or 0121 454 3900

e: info@totalbackcare.co.uk

w: www.totalbackcare.co.uk



totalbackcare®

specialist ergonomic solutions

Consultation & supply of back care products

For Work

Specialist consultations inc. DSE & training
Ergonomic back care office seating
Medical, dentist & specialist seating
Height adjustable electric desks
Ergonomic mice, keyboards, junctions
Laptop/tablet risers & stands
Lumbar supports

For Home

Specialist consultations & product advice
Back Care armchairs
Kneeling & perching stools
Posture support mattresses & beds
Specialist neck support pillows

For Travel

Car adjustment consultations
Back supports
Seating wedges

call 0121 434 5670 / 454 3900

visit www.totalbackcare.co.uk



For Work

Very knowledgeable always giving customers sound advice & practical solutions

Health & Safety

Workplace consultations

Bio-metric measurements can identify a range of products that might be suitable but they don't guarantee individual comfort & support. Medical, postural, environmental & ergonomic factors all play a part in selecting the right equipment so it's important to trial a range of products. Equally, equipment needs to be properly set-up with full user training for maximum effectiveness.



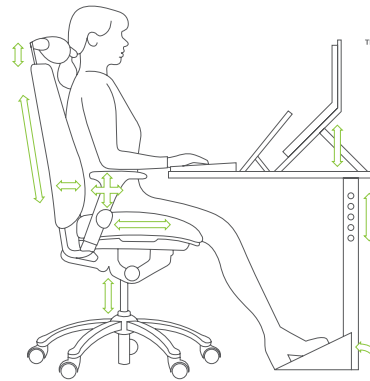
Hot desking

Electric height adjustable desks are of great benefit to a range of users. Adjustable monitor stands are essential as incorrect screen placement can increase the load on the neck by 32%!

Students

Don't spend years developing back & neck strain when it's easily avoidable! Think about the portability of IT equipment & select ergonomic accessories that suit you best.

Optimising comfort & support



We're all different!

Think of the whole picture

Office working

Simply changing office seating will not produce an optimum improvement in back/neck pain. The whole working layout needs to be addressed, which includes the height of the desk, placement of screens, phones, document holders & the need (or not) for a footrest. Everything should be tailored to the specific needs of the user.

Home working

The same principles apply as if in the office. Laptops should be set up like desktops for optimum usage. Know what layout suits you best!

Individually tailored & cost effective outcomes
Occupational Health



Prevention

Presenteeism (employee is at work but carrying on in pain) can result in productivity losses of 20% & lead to absenteeism. With our holistic consultations, great benefits can be achieved on an individual or company wide basis.



Mobile working

Productivity is 17% higher when a separate keyboard & mouse are used with a laptop.

For Travel

Car adjustment consultation

We'll optimise your driving profile within the constraints of your car whilst you try out a range of supports to make driving a less painful experience.



Go to The Centre & try before you buy!

Which is best for me?

Total Back Care for the right product solutions!