

Status: Filled

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### Project Description

Back pain is the most common cause of job-related disability and missed work days, hindering people from living a highly productive life. In recent years, society has witnessed a significant increase in the prevalence of chronic back pain among people, especially young adults (Fejer, Kyvik, & Hartvigsen, 2006). Surveys show that there is a lack of awareness and motivation to develop good sitting habits or correct existing poor sitting postures among people (Noll et al., 2012).

Thus, this is what the final solution would look like. This would be a smartphone app and posture tracker device combination that users could order. The tracker device would provide real-