

# NUCCA

## PROJECT OVERVIEW

Adults and many other individuals with different age range develop back pain or some sort of illness related to their spines. Existing products address many of these issues but some of these products are sometimes intended to stay home disabling the user to access them.

The main purpose of this product is accessibility anywhere and anytime. The portable aspect of it brings the user relief and comfort wherever they may experience pain or the need to relax the muscles, which are the main areas that tend to tense around the back region. Initially spine alignment was the intended task to be address by the product but only a professional may interfere with the spine and other procedure related to it. Massaging as well as thermal applications are beneficial and relaxing techniques when the muscles are tense.

Various areas of discomfort where identified over the research as well as the solutions to tackle these afflictions. Simple objects such as foam rollers and even tennis balls are great ways to soothe pain and strengthen the muscles. Although, professionals do advise regular exercise, stretching and good eating habits are beneficial for every individual.

The NUCCA vest has been design to cover most of the needs to those who suffer from back pain. To begin with, the vest has been structured with a posture vest within the fabric to help keep the right posture when sitting, using the computer or any other task that affects the posture, It's sides have adjustable belts to allow the user have the option on whether or not they want to have a loose or tight fit. Two other components are part of this "kit", the thermal heat=cold pad which helps alleviate tension and relax the muscles and the other constituent are the kneading balls which are strategically placed in a trapezoid pattern to access different pressure points among the back.