

Intellectual Force Fields Testimonial

From the desk of Nolan Falloway

Overview

Over a seven-week period, I incorporated constant Intellectual Force Field (iFf) chair sessions into my routine to evaluate their effects on physical recovery, focus, and overall well-being. My initial focus was to understand how regular use could affect muscle fatigue and healing in my injuries. At the start of the study, I was experiencing moderate lower back pain and severe pain in my front deltoid, which significantly restricted my range of motion and prevented me from doing certain workouts.

Every day, I used the chair for at least an hour and tracked my comfort level, pain reduction, focus, and general energy after every session. During the fifth and sixth weeks, I was out of town, so I was unable to use the chair. This evaluated whether the benefits from the chair would fade without regular use. In the seventh week, I resumed treatment under the same routine to determine how quickly the effects would return or whether they even would or not.

To better understand how the chair influences recovery and my experience, I documented my experience in detail throughout the seven-week period.

Weekly Tracking

Week 1

Over the course of the first week, I didn't notice much. I felt a little more energized, with a slight reduction in pain in my shoulder. This could have just been a placebo, but overall, my first week was pretty positive. However, by day 3, I started getting mild headaches that would come when I sat in the chair for an extended period of time. Whenever I would get these headaches, I would stop using the chair, and they would fade in about 30 minutes.

Week 2

Week 2 marked a significant leap in my progress. My lower back pain felt significantly better, as I was able to squat for the first time since July. However, my shoulder pain remained. My headaches continued, but towards the end of the week, I stopped getting them.

Week 3

My lower back was almost completely healed. I felt less fatigue after working out and a slight improvement in my shoulder condition. My range of motion had increased, and I could do simple things around the house, but I still wasn't working out on it yet. I noticed deeper and more consistent sleep, and my headaches had completely diminished.

Week 4

By week 4, I noticed the most progress, especially towards day 27 and 28 near the end of the week. I worked out on my shoulder for the first time in over 3 months, and while it was still discomforting, it was significantly better than week 1 and even weeks 2 and 3. I noticed that during my workouts, I was able to do more volume without inducing the same fatigue.

Weeks 5+6

Weeks 5 and 6, I was out of town, so for that entire time I didn't use the chair. I didn't notice any changes to my shoulder condition or my back. Neither improvement nor worsening, it kinda just stayed the same. However, my sleep felt worse, and I felt a little more bloated throughout the day, especially after large meals.

Week 7

Week 7, I returned home, so I was using the chair again. I didn't notice anything substantial other than a stronger sense of mental clarity, especially when I would do my homework in the chair. Throughout the week, I did have 1 specific headache: my first time back using the chair. This was probably because my body had become accustomed to it, and after not using it for 2 weeks, it was not used to such exposure.

Overall Experience

Across the seven-week period, my experience with the chair proved its implications in muscle recovery and healing. I saw measurable progress both physically and mentally over the course of the case study. Early on, the effects were minor — slightly more energy and mild shoulder relief — but by the third and fourth weeks, I experienced substantial gains in mobility, recovery, sleep quality, and pain relief. My lower back had almost fully recovered, and I resumed lighter shoulder workouts. The pause in weeks 5 and 6 provided me with a stable base to understand whether the effects were from the chair or an isolated factor. With the chair out of the equation, my progress had plateaued, directly correlating my growth and improvement to the effects of the chair. Overall, the Intellectual Force Field chair proved to be most effective with regular and constant use. My experience was definitely positive, with the only real negative side effect being minor headaches during the first week and after returning in week seven.