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This NIOSH study resulted in more positive information about back support use. An often discussed belief held that wearing a back support while performing dynamic lifting significantly increased blood pressure in normotensive individuals.

This study demonstrated that there were no significant increases in the average values of heart rate, respiratory frequency, or systolic and diastolic blood pressures. Average oxygen consumption (VO₂) significantly decreased, contrary to the results reported during a previous peer-reviewed study.

The researchers whose work is mentioned here are not endorsing any specific product or manufacturer. These studies were originally published in peer-reviewed journals and appear here in a condensed form.