CLAIM

What is claimed is:

l. A sitting device for prevention of spinal diseases comprises
a padded member made of a resilient material, the padded member having a generally right triangular side view, and
a terraced shape hard block fully inserted inside the padded member, wherein the hard block is made of a non-resilient material and is arranged to receive and elevate a user's sacrum at a highest area of the hard block, and support a user's coccyx at a plateau area of the hard block, and a user's ischium stays close to a front area of the hard block.

2. The sitting device according to claim 1, further comprising a thin pad extending from the third area of the padded member.

3. The sitting device according to any preceding claim, wherein the height of the front area of the hard block is greater than the distance from the lowest point of the user's coccyx to the lowest point of a user's tuberosity of ischium.

4. The sitting device according to any preceding claim, wherein the surface of the padded member which the user sits on is undulating ergonomically.

5. The sitting device according to any preceding claim, wherein the resilient material is any one from the group comprising: foam, rubber, and cotton.

6. The sitting device according to any preceding claim, wherein the hard block is able to tolerate a gravity force on a mass of an adult without rupturing.

7. The sitting device according to any preceding claim, wherein the non-resilient material is any one from the group comprising: wood, polystyrene foam, and hard rubber.

8. The sitting device according to any preceding claim, wherein the padded member and the hard block both have a flat bottom side to ensure stability.