

The Most Advanced Postural Care for Dentists

The revolutionary, award winning all Australian, Bambach Saddle Seat is designed so that dentists can now work comfortably throughout their working careers. Whether you have an occasional annoying ache or chronic pain, the Bambach Saddle Seat can make a difference where repetitive muscle work is required.

Over 30,000 dentists worldwide currently use a Bambach. Many have reported these fantastic benefits:

- p Relieves Pain
- p Reduces Fatigue
- p Corrects Posture
- p Increases Mobility
- p Improves Circulation

Bambach Saddle Seat will make a dramatic difference in your sitting/working position and visibility, which can result in marked health benefits.

Why Dentists need a Bambach Saddle Seat . . .

"The existence of backache was 62.9% in a study done by the University of Munster. Dentists with back troubles mentioned that after 1 – 2 hours working time the backache occurs, i.e. 42.4%." Dr. med W.H.M. Castro, Germany ("Social Medicine, Industrial Medicine, Environmental Medicine" July 1999)



Traditional Dental Posture



The Ideal Task Seat for the Dental Operator

"Dentists, dental technicians and dental assistants, as well as others who sit to work, often have to accept as a condition of their work a body posture that causes them to be bent over and turned, and that produces static, one-sided use of certain muscle groups. The dentist or seated worker has to, through the day, function in this one-sided and stressful work position. This is a tiring work condition, which can easily cause the body to slump, resulting in the back being subjected to even further stress. The physiological consequences of these extremely stressful work conditions often led to fatigue, pain, muscle soreness and back pain, mostly in the waist and in the shoulder and neck areas." Boris Ronvig, \Denmark ("Dental Advisen" March 1996).

"Dentistry work demands high precision and is often performed with the arms abducted and unsupported and the cervical spine flexed forward and rotated." Patrick Carr, B. App. Sc, Australia ("ADA (QLD Branch) Newsletter", November 1996)

"My father, who was a dentist, bought a boat and new golf clubs when he retired. However, since retiring he has spent a large percentage of his time either wracked with pain or in the hospital undergoing back surgery. Being a dentist also, I use The Bambach Saddle Seat. My back feels better and my sciatica is gone. Will I have the boat and will my golf handicap go down? All I am sure of is that the alternative, chronic back trouble, is too high a price for any of us to pay." Dr. Jerry Watson, U.K. ("Dentist Monthly U.K.", September 1996)

How Bambach Saddle Stool works ...



Bambach Perfect Posture

- p Its unique design makes major improvements in the way you hold your body during surgery;
- p It allows you to get in close to your patient, so you don't need to lean over and outwards so far, allowing your arms to be held at a more natural height;
- p In turn this reduces the work your neck and shoulders would normally have to do;
- p Your lower back will also have less strain put on it as it is held in its' natural healthy curves;
- p The saddle shape design will tilt your pelvis into its natural position;
- p The straddle position of your leg and knees stabilizes your pelvis and allows your spine to hold the natural "S" spinal curves, avoiding the bent "C" shape;
- p The easy mobility allows you to move around the surgery effortlessly;
- p You bend from your hips not your waist, also preventing a "C" shape curved spine;
- p You can adjust your working height to suit you and your patient. This allows you to hold your instruments steadily for prolonged periods in a relaxed manner. Wrist and finger muscles will experience less stress;
- p Your legs help support your back since your feet are in full contrast with the floor, they help support your trunk putting less strain on your back muscles.
- p It is easy to sit down upon and stand up from.
- p The 'open' position enhances the blood circulation;

The correlation between Repetitive Strain Injury (RSI) and dentistry need be no more of an occupational hazard than dental caries is an inevitable disease.

PROTECTING YOUR CAREER

Do what dentists
all over the world are doing;
invest in a
Bambach Saddle Seat.



Endorsed by
THE AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

"The Bambach Saddle Seat helps dental professionals achieve correct posture whilst sitting and working."