



# Bambach® Saddle Seat

Ergonomic Seating Ingenuity



## Back pain:

### The dentist's toothache!

More than 80% of the population occasionally suffer from backache, over two thirds of them chronically. This causes over 20% of lost working hours – no wonder that health insurance companies call it an “epidemic”. There are many causes of degenerative spinal problems, but it is also known for certain that changes in our lifestyles and working habits are an important factor. This particularly affects those who work under unbalanced conditions and mainly in a seated position.

### How the Bambach® Saddle Seat was developed

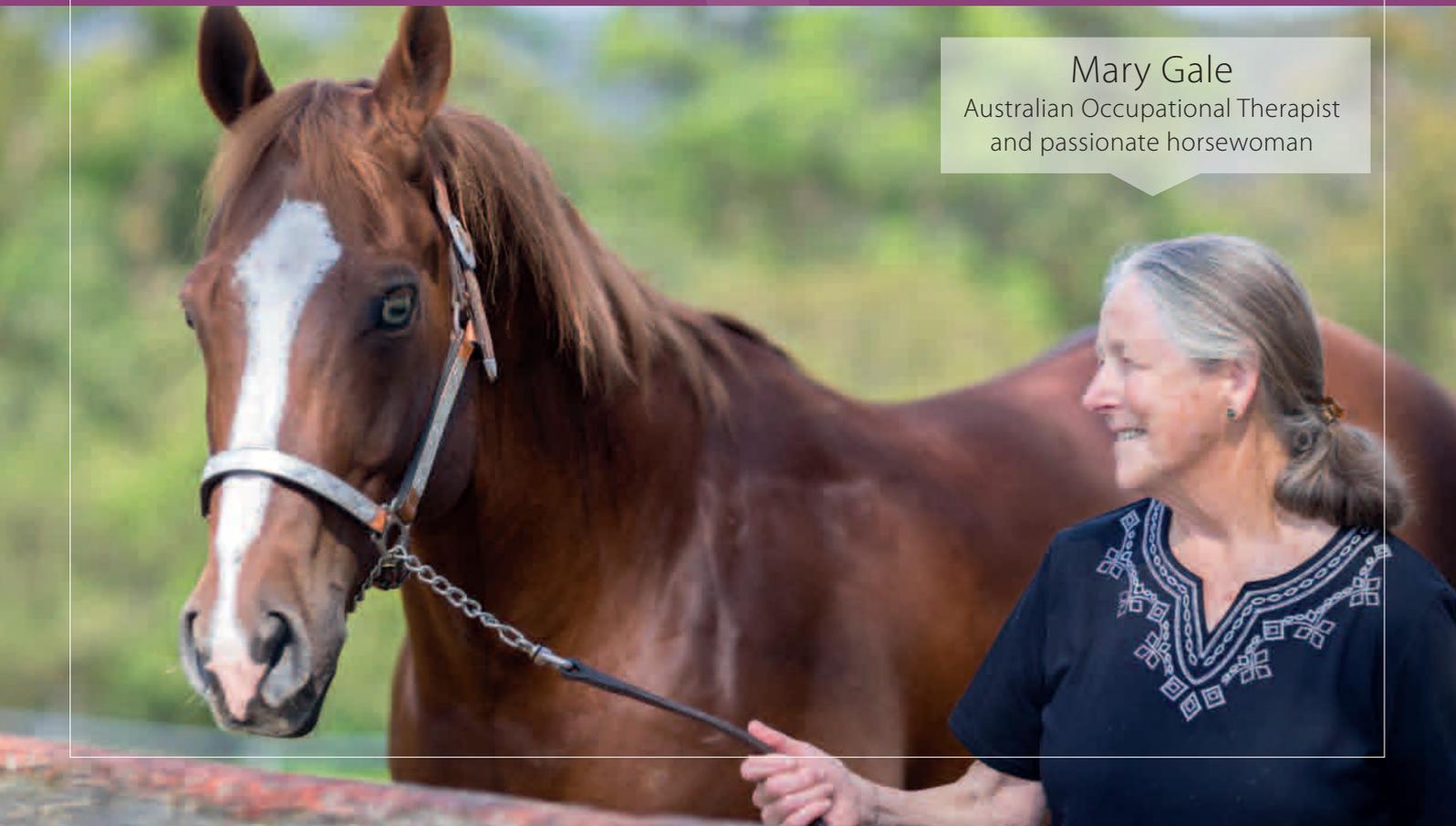
Analysis showed that the seating position on the Bambach Saddle Seat, combined with dynamic postural adjustments required to maintain balance, imitates the healthy posture on horseback and relieves back tension

The healthy working seating position of the Bambach owes its development to horse-riding.

The occupational therapist Mary Gale, working in Australia found out that:

- wheelchair-users were able to sit on a saddle on horseback unaided.
- horse riders who suffered from backache were free of pain when mounted in the saddle.

Mary Gale's many years of work proved that the Bambach Saddle Seat provides a natural, back-friendly posture. The pelvis tilts slightly forward and the hip joints adopt a 45° angle in a neutral position. The natural shape of the lumbar spine is maintained and the pressure on the discs decreased. This results in a perfectly balanced, comfortable posture that supports the back muscles without straining them. The back, neck and shoulders remain relaxed and, in addition, the circulation in the legs improves. In short, the Bambach Saddle Seat offers the user supreme balance and mobility in a steady, upright position.



Mary Gale  
Australian Occupational Therapist  
and passionate horsewoman

# The Bambach® Saddle Seat

Keeps your back healthy!

Today we spend more than 70% of our day sitting down – over 100,000 hours in a life time! The highest load on your spine is caused by sitting with a bent back whilst carrying out extreme contortions – as is the case in the dental practice.

Studies have revealed that if we sit and lean forward we apply as much pressure to our spinal discs as when lifting heavy weights. If we assess the pressure on the spine at 100% in a standing position, it decreases to 20% lying down, but increases to 120 – 140% in a "normal" sitting position and up to more than 200% when we sit bent forward.



Ideal Ergonomic Posture  
on the Bambach® Saddle Seat



Video

# Bambach® special seats



**Bambach® Saddle Seat Cutaway**  
Ergotherapeutic Seat

- Compact saddle shape with V-shape
- Designed for people with limited abduction or narrow hips

	Color	REF
Bambach Cutaway	Leather Black	B204021
Bambach Cutaway	Vinyl Black	B203001

Please specify desired color – color samples on request.



**Bambach® Saddle Seat Large**  
Ergotherapeutic Seat

- Largest saddle
- Designed for those of a larger build

	Color	REF
Bambach Large	Leather Black	B207021
Bambach Large	Vinyl Black	B207001

Please specify desired color – color samples on request.



**Bambach® OP**  
Ergotherapeutic Seat

For complete  
disinfection

- Meets the strict hygiene requirements of operating theatres
- Hands-free foot height adjuster
- Adjustable tilt
- Die-cast (Polyethylene saddle)

	Color	REF
Bambach OP	Black	460 100



For optimal effect use  
once or twice a week!

**Bambach® Leather Care Oil**  
Intensive care and protection of leather surfaces

- Long-acting, keeps leather surfaces soft and smooth

	Content	REF
Bambach Leather Care Oil	50 ml	554 304

# Bambach® accessories

## Armrests

Ideal as a steady for intricate work

- Perfect for endodontics and dental surgery
- Relieves tension in the shoulder muscles
- Swivel-mounted armrest available\*

	REF (Rechts)	REF (Links)
Armlehne Lang, Premium Leder Black (55 cm)	BARM-1051	BARM-3051
Armlehne Kurz, Premium Leder Black (30 cm)	BARM-2051	BARM-4051
Armlehne Smart, Lang, Black	BARM-1901	BARM-3901

\* Armrest can be retrofitted



Armrest Short



Armrest Smart



## Foot Ring

Footrest for Bambach Saddle Seat

- Suitable for elevated work places

	REF
Foot Ring, Chrome (50 cm)	BBAS-1020



## Foot Height Adjuster

Foot operated height adjuster

- Perfect for surgery and long procedures

	REF
Foot Height Adjuster Small (25 cm)	BSTE-2013
Foot Height Adjuster Medium (30 cm)	BSTE-2014
Foot Height Adjuster Large (38 cm)	BSTE-2015



## Backrest Smart

Provides optimal back support

- Height adjustable
- Wipeable Vinyl for easy cleaning

	REF
Backrest Smart, Vinyl Black	BBKR-1001



## Gas Lifts

	REF
Gas Lift S < 1.60 m	BSTE-2006
Gas Lift M < 1.90 m	BSTE-2007
Gas Lift L > 1.90 m	BSTE-2008



## Bases

	REF
Polished Aluminium Base, Small (Ø 46 cm)	BBAS-1013
Polished Aluminium Base, Medium (Ø 55 cm)	BBAS-1014



## Castors

	REF
Soft (for hard floors)	BCAS-1105
Hard (for soft floors)	BCAS-1101
Brake when Unloaded	BCAS-1102
Soft, Large	BCAS-1107

# Bambach® Color Range

## Genuine leather



## Vinyl (medical grade, soft-feel, breathable)



Please note. Actual colors may vary.





## Testimonials

*"The natural sitting position is good! You sit much straighter. I have noted a substantial improvement in my back problem and the associated pain. I would never want to be without the seat."*

(Dr. med. Helga Heß, Hinternah)

*"We have substituted our seats with Bambach Saddle Seats in six dentists' rooms. The Bambach Seat is well made, needs little space and provides a comfortable, relaxed sitting position. We are frequently being asked about the benefits of a "Saddle Seat" by our patients."*

(Dres. Ulrike und Paul Diemer, Ellwangen)

*"This saddle seat has a high level of flexibility. It allows a quick change of position, a relaxed sitting position, hygienic without any hand contact."*

(ZA Cora Ludewig, Northeim)

*"The Bambach Saddle Seat is particularly good for my sitting position. I no longer suffer from back pain. Meanwhile all our dentists' rooms have been equipped with a Bambach Seat and our staff are delighted."*

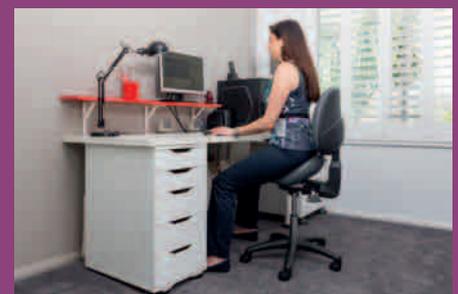
(ZA Renate Thieme, Schwülper)



✓ Physiotherapy



✓ Veterinary practice



✓ Home-Office



✓ Industry



✓ Hospital



✓ Tattoo studio

# Bambach® Saddle Seat

Create your ideal Bambach Saddle Seat:



## 1. Saddle Shape

- Standard     Cutaway     OP  
 Small         Large

## 2. Tell us your height so we can fit the perfect Gas Lift stem

- Small: < 1.60 m  
 Medium: < 1.90 m  
 Long: > 1.90 m

## 3. Choose castors to suit your environment

- Standard (Soft Freewheeling)  
 Hard Freewheeling  
 Locking when unloaded (Soft)  
 Large (Soft Freewheeling)

## 4. Your preferred finish and color

- Leather  
 Vinyl

Color: \_\_\_\_\_

## 5. Optional Extras

### Backrest

- Small         Large     Smart

### Armrest

- Right         Left  
 Short         Long     Smart (Long)

### Foot Support Ring

### Foot Operated Height Adjuster

## Enquiry

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