

# Why Dentists need a Bambach



*Dr. Pistolese, Orthodontist, Sydney.*

**H**OW IT WORKS... The design of the Bambach Saddle Seat makes major improvements to the way you hold your body during surgery. It allows you to get in closer 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 angle and height. In turn this reduces the work your neck and shoulders would normally have to do in supporting them. Your lower back will also have less strain put on it as it is held in its natural, healthy curves.

The saddle design of the seat will tilt your pelvis into its natural position. The straddle (wide) position of your legs and knees stabilises your pelvis to allow your spine to hold its natural 'S' curves instead of being bent into a 'C' shape.

The chair swivels, not you. The Bambach Saddle Seat has a swivel action, so the amount of unnatural twisting of your spine has to do will be minimised. The seat's mobility allows you to move around the surgery. You won't have to drag your chair, which puts further strain on your lower back. If desired, braking castors will secure the seat in place.

You can adjust your working height allowing your arms to work at a more natural working height. Therefore, the grip needed to hold your instruments steadily for prolonged periods can be more relaxed. Wrist and finger muscles will experience less stress. Your legs help support your back. Since your feet are in full contact with the floor, they help support your trunk putting less strain on your back muscles.

- Improves sitting posture
- Relieves Pain • Reduces Fatigue
- Reduces stiffness in joints
  - Increases Mobility
  - Improves circulation

## A remarkable Woman... a remarkable invention

MARY GALE



**T**HOUSANDS of lives have been improved as the result of one woman's solid research, and many years of hard work investigating how sitting posture affects spinal health and functional ability.

As a qualified Occupational Therapist in Australia Mary Gale used her experience to investigate ideal posture for work using balance, stable, natural spinal curves, and most of all a neutral pelvic position in sitting to minimise postural intradiscal strength and maximise functional performance. Together with a team that included another Occupational Therapist, a Physiotherapist, and a professional Engineer, Mary researched studies on posture from around the world. Her findings supported the theory that the saddle position holds the spine in its natural curve with less stress, and this is the key to the relief of chronic back pain and associated ailments.

The invention of the Bambach Saddle Seat has rescued hundreds of professionals from a life of crippling back pain, has been hailed as the most revolutionary change in seating.

Mary Gale's remarkable invention has made a drastic improvement to lives all around the world.

- RESEARCH PAPERS AVAILABLE ON REQUEST.
- FIVE YEAR WARRANTY

"IT WAS MY LUCKY DAY WHEN I DISCOVERED you exhibiting your Bambach Saddle Chair at the San Francisco dental meeting. I have suffered from neck and back pain for twenty years. I was not willing to undergo surgery or do drugs and was rigid in my feeling that the body can heal itself if given the opportunity. Your chair gave me the opportunity to heal and I thank you for that."

*Michael S, Partner, DDS, California USA*

"SINCE I HAVE BEEN USING THE CHAIR, my incidence of occupational back-ache has been largely eliminated, much to the disgust of my physiotherapist. I also have to fight on a daily basis for the sole usage of my chair. My nurses feel that they should be allowed to exclusively utilise the chairs! May more dentists discover the secret JOY of working on a Bambach chair."

*Dr Barry Abrahams, Queensland, Australia.*

### THE BAMBACH SADDLE SEAT PTY LTD

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# Advanced Posture Seating for Dentists



