

What is postural stress?

(or, why does my back and/or legs hurt when travelling?)



Postural stress is the result of the spine being distorted from its natural curves and, in the case of sitting, leaving the spine in an unnatural position for prolonged periods. Relief from postural stress comes when the spine is restored to its natural curves and is allowed to remain there.

Normal spinal curve



Spinal curve collapse induced by sitting in typical car/aeroplane seat with knees higher than hips. This places strain on the muscles and ligaments and puts pressure on the spinal discs.



Normal spinal curves are made possible by use of Bambach seat wedges. They raise the hips above the knees and support the pelvis in its normal upright position.

The travel problem

Research shows that long hours of sitting can do more damage than active work, including lifting. When sitting, especially when travelling, the back is put into a stressed position and left there for many, many hours. When working or lifting, the person is at least moving, and a limited time is spent at any active task; moreover, any stress on the back is mostly varied. The Bambach Car and Travel Wedges can prevent travelling postural stress by relieving the spine and, indeed, the rest of the body.



*The Bambach
Travelwedges relieve
postural stress by restoring
the spine into its
natural alignment
of curves.*

How Bambach wedges work.

By using one wedge to lift the hips above the knees and out of the 'pocket' that is usually present in conventional seating (a pocket that lowers the hips and puts the the pelvis into backward rotation, thus collapsing your spinal curves).

By using a second wedge to tilt the pelvis forward into its upright, neutral position and providing support for it there. To minimise spinal stress caused by sitting in car, aeroplane and bus seats:

Use the first wedge to raise the hips higher than the knees (if possible). Use the second wedge to tilt forward the upper rim of the back of the pelvis and to support the resulting lumbar curve.



The first wedge works best under the hip joint rather than pushed back into the seat pocket.



The second wedge is best used about 75-150 mm up from the seat. The velcro will hold this wedge in place on the back rest.

BAMBACH CAR AND TRAVEL WEDGES

purpose-designed to relieve the postural stress caused by sitting in car seats and seats found on other forms of transport



ABOVE: Truck and Tractor Drivers find The Bambach Wedge helps to alleviate the effects of vibration over long driving shifts. BELOW: Wedges are not just for travelling. Here school children find long hours at the desk less arduous and far more productive when their spines are supported in the correct way.



When to use the wedges?

If possible, use the wedges at any time when sitting in a conventional seat, but certainly when travelling by car, bus, plane or boat.

Maintaining correct posture

The most important structure for a healthy spine is the pelvis. The spine will be in its correct shape if the pelvis is stable in its correct upright, neutral position.



When sitting in a car seat, or aeroplane seat - in fact, any seat where the hips are lower than the knees and the pelvis is rotated backwards - the whole spine is distorted and the person sitting will suffer postural stress. Postural stress affects muscles and ligaments as well as putting a

constant high on the spinal discs.

FOR MORE INFORMATION CONTACT:

THE BAMBACH SADDLE SEAT
PTY LTD

102 Old Pittwater Road, Brookvale NSW 2100

Phone: (61 2) 9938 5622 or

Toll Free: 1800 060 476

or Fax: (61 2) 9907 3584

Email: bambach@bambach.com.au

Website: www.bambach.com.au



*Relief for
the travelling
BACK*



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