

Healthy Sitting – Goodbye to Back Pain

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- Studies of dentistry at the WWU in Münster
- Head of dental department in the Federal Armed Forces
- 1978 setting up a dental practice in Marl
- 1999 joint practice with Dr. (H) Peter Stickel
- Activity emphases: Panel dentist, medical journalist with more than 1,000 publications
- Treatment emphases: dental medicine, treatment of people having social issues, prophylaxis in children, treatment of disabled people under anaesthetic
- Author of a guideline on how to meet the requirements for reprocessing medical devices in conformity with the Medical Devices Act for the dental practice

“No”, said my orthopedist, “don’t blame your back pain on your genes”. And yes, it is true that my wife doesn’t like to show up in public with me and my stooped back anymore.

I have always admired the excellent posture of equestrians, be it sporty dressage riders or young ladies just looking for the greatest happiness on earth sitting in the saddle of a horse. Why do they sit up that straight? Surely not because it is part of a kind of an equestrian etiquette. The secret is the saddle. Now you might object: “Error, Lucky Luke has never been sitting on Jolly Jumper straight at all”. Admittedly. With force, you can even eliminate the physical factors of a saddle, which, however, takes a lot of effort. I have never sat on a horseback, I can tell you about sitting straight and the saddle.

Why is the book “Back Therapy Training for the Dental Team” such a best-seller? Well, because back pain is a big problem for the dental team. And it does mostly result from a wrong posture while treating. And even more from wrong sitting positions during treatment. And last but not least from an inadequate (practitioner) chair. I know what I am talking about. Thirty years of life as a dentist have left irreversible marks to my body. My right shoulder is sloping and this doesn’t look good at all. And only now, at the end of my professional life, I found something that could have prevented all this – the Bambach® Saddle Seat. I can only confirm the statement on the leaflet saying “... changes your life”.

Already in the sixties of the last century, when dentists still treated patients while standing, my father had a special seat fixed to his treatment unit due to a handicap. Already this seat was shaped like a saddle. My father never suffered from sloping shoulders. Some time ago, I received the Bambach® for testing and can now



Fig. 1: The perfect posture with the Bambach® Saddle Seat.



Fig. 2: Incorrect posture with a traditional Seat.

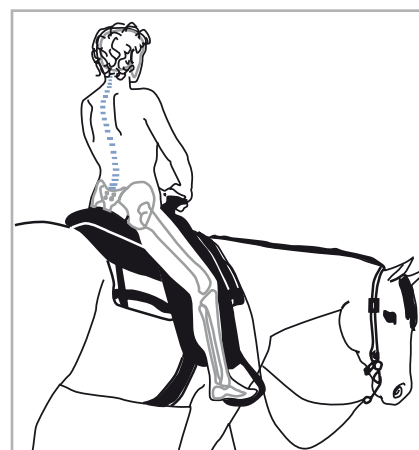


Fig. 3: The Bambach® Saddle Seat is inspired by the straight posture of horseback riders.

approve with the confidence the practical sitting philosophy saying "The Bambach® Saddle Seat provides elimination and prevention of back pain and decreases the pressure on the intervertebral disc significantly. It supports the natural pelvis and spine position when sitting".

The Bambach® Saddle Seat comes in various designs. With backrest or with additional armrest, or – which is my favorite – Classic, without any extras. "Cutaway", the seat with narrow curvature, is suited for small and slender persons, like our female staff. I also like the special seat for surgery as its height can be adjusted by foot.

And not to be forgotten – The Bambach before seating can be adjusted in its inclination as well. Persons of different body heights profit from the selection of various column heights.

The seat is covered in breathable leather and Hager & Werken has just recently changed for the better, now using high noble leather from German car manufacturers. Your pants will never be soaked with sweat even in case of longer treatments. Additionally, the seat is available in any color matching your treatment unit. I also tested Bambach® in longer anesthesia treatments with hardly a break in between. It worked optimally.

If only people gave more thought to their seating needs. An estimated sum of 5 – 6 bill. Euro could be saved. This is the amount needed annually for the treatment of back problems, often caused by inadequate chairs, responsible for the costs of the resulting sick days.

Mary Gale, an Australian occupational therapist and inventor of the Bambach® Saddle Seat, researched the sitting position on horses, the fact that people with a wheelchair are able to sit on horseback without any support and why equestrians suffering from back problems are pain free once on horseback. You can learn more about her experiences from her book and leaflet about this seat. Please request free literature and appointment for demonstration at Hager & Werken's (www.hagerwerken.de). Legions of dental professionals and the general public cannot move without pain due to poor posture. Choosing the Bambach Saddle Seat will solve this problem. Make the smart choice. On a Bambach® Saddle Seat.



Fig. 4: The seat is available in different colors and versions. Therefore it fits into every treatment room.

Artikelbeschreibung

- Bambach® Saddle Seat
- Bambach® Saddle Seat with backrest
- Bambach® Saddle Seat Cutaway**
- Bambach® Saddle Seat Cutaway** with backrest

** Cutaway: smaller curvature

White Vellum II

- 460 004
- 460 021
- 460 517
- 460 619

Black II

- 460 007
- 460 024
- 460 515
- 460 615



Video

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