

# Bambach® Saddle Seat

My wish has come true: A pain-free back - The Bambach Saddle Seat

Author: Sabrina Schneider, dental hygienist, Bühl, Germany



## Sabrina Schneider

- 2009 – 2012 Dental Assistant
- 2013 – 2014 Dental Prophylaxis Assistant
- Since 2016 Dental Hygienist

**Regardless of your role in the dental team, back pain can be an issue in every dental practice.**

Who cannot relate to this situation? A normal working day in the practice with many treatments lying ahead. Sometimes only short treatments are needed, but often treatments require sitting for many hours. Sitting for hours on a flat seat is exhausting, and the muscles tense up from constantly sliding off of the seat. Using a flat seat causes the lumbar vertebrae to form an unfavorable curve, referred to as the C-curve. The constant tensing of the muscles referred to as the result of incorrect sitting posture causes tension pain, back pain and restricts mobility. Sickness-related absences and constant appointments with the physiotherapist because of dorsal pain are the unfortunate consequences.

But what to do about it, what is the solution? Just accept it or is there a way to prevent the pain? I found the answer to this question after talking to some friends and doing some research among them: Yes, there is, the Bambach Saddle Seat.

When our practice was first introduced to the Bambach Saddle Seats, it was clear after just a short trial period that we had found our remedy for back pain. The patented design of the Bambach Saddle Seat is similar to a horse saddle and ensures a natural posture of the pelvis. When seated, the spine automatically forms a gentle S-shaped line. The pressure between the intervertebral discs is thereby verifiably reduced. After a one-week trial period with a Bambach Saddle Seat, which was provided to us free of charge by Hager & Werken, we decided to gradually replace the chairs in our practice with those seats.

The selection is good and clear, making it easy to take a decision. The Bambach Seat Preference Configurator is helpful for this purpose. (Available online at [www.bambach.com](http://www.bambach.com)) The prices listed there are only RRP figures and the seats can be purchased at much more favorable prices from dental retailers.

In the first step, we selected a model that suited us. There is a choice between the standard version, with or without a backrest or armrest, which can be variably long or short. The indication of the body size also plays a role in the right choice of the gas lift stem. Finally, you can decide whether you want a foot ring, foot height adjustment or a chrome frame. Depending on the flooring in your practice, alternative castors can also be ordered. After our decision was made, we could then choose the leather. There is a choice of premium leather and faux leather in various shades. The premium leather is available in many standard and special colors.



A conventional chair forces the spine into an unhealthy C-shape. This unnatural posture places enormous pressure on the intervertebral discs.



With its patented design, only the Bambach Saddle Seat optimally supports the pelvis, and allows the spine to assume its natural S-shape. This prevents incorrect sitting posture and ensures a natural, healthy sitting posture.



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## Sabrina Schneider

- 2009 – 2012 Training as dental assistant
- 2013 Advanced training at ZFZ Stuttgart, Germany, course part I, IIa and IIc
- 2014 Advanced training at ZFZ Stuttgart, Germany to become a dental prophylaxis assistant
- 2015 – 2016 Further training at ZFZ Stuttgart, Germany to become a dental hygienist

To ensure that the practice enjoys the Bambach Saddle Seat for a long time, regular care is just as important as cleaning and maintaining practice instruments and equipment. The use of a leather care product is recommended once or twice a week. In order to keep the leather surfaces soft and supple, and to prevent rapid wear or possible cracking of the leather, we use the Bambach Leather Care Oil.

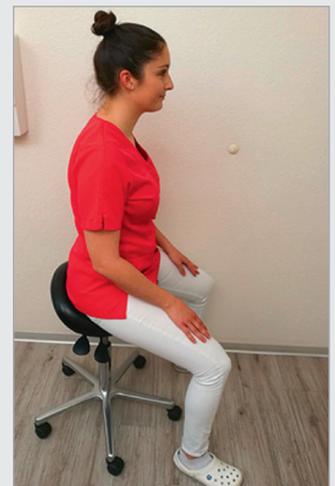
## Conclusion

From the day I first used a Bambach Saddle Seat at work, my posture improved. This not only saves me an appointment with the physiotherapist, but also has a positive effect on my personal budget and gives me more free time. I have experienced an increase in vitality and quality of life.

Tension pains, cramps and bad posture are finally a thing of the past. For me and the practice team, the Bambach Saddle Seat was a wise and valuable investment in our health.



The unique, patented saddle seat design relaxes the lumbar and back region.



The pelvis is tilted slightly forward. The lumbar spine automatically assumes a natural posture, thus reducing the pressure on the intervertebral disc.

