



THE
BAMBACH
SADDLE
SEAT™



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INSTRUCTION
MANUAL



Read this manual before using your Bambach Saddle Seat!

It is very important to adjust your Bambach Saddle Seat to suit you before using it for the first time.

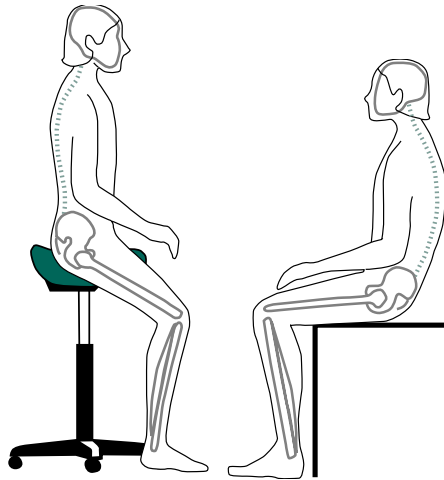
If you are new to saddle sitting, please do not sit on your new Bambach Saddle Seat more than 2 hours at a time for the first week.



■ TAKE SOME TIME TO ADJUST

Build up slowly to saddle sitting, just as you would build up slowly to a new exercise program. Over the years you may have lost some flexibility and muscle tone for sitting upright. Your muscles need time to tone and strengthen. Your hips need time to stretch into a healthy, open position. Your “sit bones” (ischial tuberosities) need time to adapt to new pressures.

Your body will be adjusting to a major change in the way you have been sitting all your life. New saddle-sitters should sit for no more than 20 minutes the first day, and build up gradually after that.



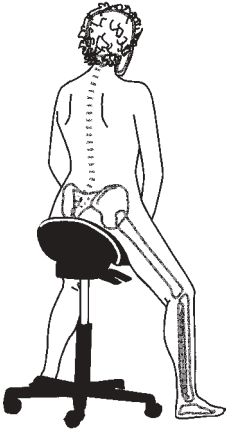
Many adults have lost the ability to sit upright and may need several weeks or months to retrain their bodies.

Interestingly, children adjust to the seat immediately. They have not been conditioned to sitting poorly for many hours every day for years. They have not yet grown accustomed to the feeling of collapse and reduced activity of postural muscles when they sit. Children love the freedom of movement and easy access to activities that the seat provides.

Once you get used to the saddle seat's ideal posture you'll experience a new ease of movement, a sense of relaxed sitting, improved energy and freedom from back and neck strain.

Take your time. It's well worth the effort.

■ BENEFITS OF SADDLE SITTING



The BAMBACH SADDLE SEAT embraces an entirely new concept in seating. The high straddle posture supports and stabilizes your body, freeing your hands for work and movement. It is easy to move about in your workspace and to reach equipment.

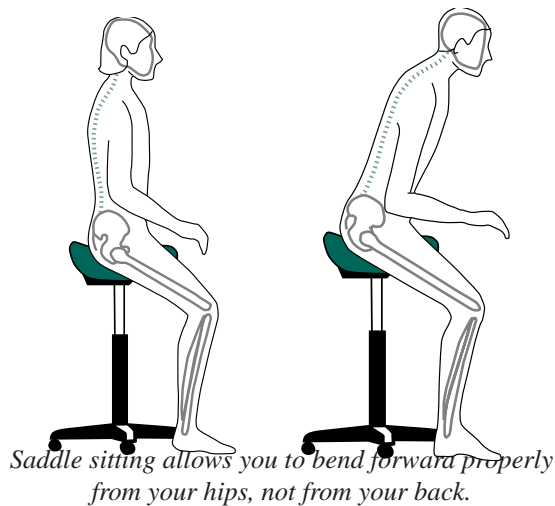
One "rides" the BAMBACH SADDLE SEAT just as one rides on horseback. It is the ideal sitting posture. The hip joints rest in a low-stress open position and your spine is in perfect balance.

The BAMBACH SADDLE SEAT helps protect your spine and muscles from the stresses of sitting while you work.

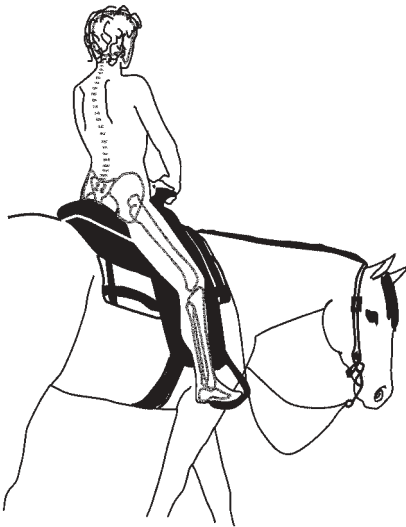
- ✓ Your neck and back have less stress and pain.
- ✓ Your posture improves. The BAMBACH SADDLE SEAT maintains the spine's natural curves, *even without a backrest*. In a conventional chair your spine collapses without a backrest as your pelvis rotates backward and your center of gravity shifts backward behind your "sit bones" (ischial tuberosities). The anatomical contour of the saddle along with the high straddle posture, rotates your pelvis upright and balances your center of gravity directly over your "sit bones."
- ✓ You breathe deeper and have improved digestion. Your chest and abdominal regions expand to allow full function of your lungs and internal organs, relieving the compression pressures that are present with traditional sitting. Your diaphragm is not pushed into your vital organs as in a conventional seat, and your organs are not pressing on your bladder and bowel.
- ✓ The core muscles in your stomach, back, and pelvic floor get stronger.. In a traditional chair your postural muscles are *dormant*. In the saddle seat your postural muscles are *active*.
- ✓ Hand accuracy and power increase as a result of your improved core muscle tone.
- ✓ Many report they have less fatigue and more energy for leisure activities at the end of the work day.
- ✓ Blood and lymph circulation to your legs improves and there is

reduced foot swelling. Your feet and legs are active supporting their own weight through the feet, which assists the return of fluid to your upper body by small but constant movement. There have been reports of improvement in varicose veins. It is not possible to cross your legs in the Saddle Seat.

- ✓ Balance improves, so much so that some disabled people who topple out of conventional chairs, can sit independently on the Bambach Saddle Seat.
- ✓ You will be able to reach further and more safely.



- ✓ Your hip joints are relieved of damaging pressures. The open hip angle achieved in the saddle seat rotates the top of the femur (the long bone above your knee) into a position of ease in its hip joint. This position is rarely achieved in the everyday lives of most sedentary people. There is some evidence that this position reduces the chance of hip problems in later life.
- ✓ There is less stress to your major joints (e.g., knees, hips, shoulders) as saddle sitting maintains their mid-range functional positions. The position with your knees apart reduces the chance of hip joint disease at a later age.



"The Saddle Seat has the additional advantage of forcing the legs of a person into an abducted (knees open) position which has a positive effect on the stress exerted on the hip joints. Orthopedic examinations show that most hip disease occurs in connection with impaired abduction. Almost all conventional chairs support an adducted (knees closed) position of the legs which is associated with a retraction of the adductors and an extension of the abductors. This chain of events are turned around here and therefore has preventive value."
Prof. Dr. re. nat., Dr. med, G. Schumpe, Medical Practitioner, Orthopedic University Hospital, Bonn Germany.

■ HOW LONG WILL IT TAKE TO GET USED TO THE SADDLE?

People who are fit and flexible generally find immediate comfort in the saddle, as do seasoned horseback and bike riders. People who have been sitting with poor posture for many years, can take months to adjust.

If your hips are tight it will take time for them to stretch out. Tight muscles, tendons and ligaments will soften and relax over time. If your stomach and back muscles are weak, they need time to tone. Be patient.

Have you ridden a horse? Remember when you first get into the saddle you have to wiggle around and sit back deep into the saddle, then after a while it becomes comfortable. It is the same with the Saddle Seat. If you experience saddle soreness, try adjusting the seat angle to a more horizontal position so you can sit down and back.

Explore all seat tilt and height variations. Small adjustments can have a big effect on comfort. If the seat has a backrest, push it back out of the way for the first few weeks and train yourself to use the seat only.

Some men experience genital discomfort for the first few weeks. During this accommodation period, try tilting the seat down at the front. When sitting down, slide back onto the seat to position your male parts more comfortably, the same as do horse riders.

Be sure your clothing does not interfere with your hip abduction. Wear loose trousers or a wide or stretchy skirt.

■ WHO SHOULD USE A BAMBACH SADDLE SEAT?



OFFICE WORKERS	COMPUTER USERS	TEACHERS
DENTISTS	SURGEONS	MUSICIANS
LAB WORKERS	HAIRDRESSERS	GROCERY CLERKS
ARTISTS	ASSEMBLY WORKERS	THERAPISTS
BANK TELLERS	ULTRASOUND TECHS	STORE CLERKS
FACTORY WORKERS	VETERINARIANS	LIBRARIANS
MIDWIVES	DISABLED CHILDREN AND ADULTS	

Anyone who wants perfect posture in a task seat can benefit from a BAMBACH SADDLE SEAT. The BAMBACH SADDLE SEAT is ideal for people who work with their hands. The BAMBACH especially excels in demanding job applications that involve:

- A lot of reaching.
- Close work requiring accuracy with fine eye-hand coordination.
- Moving the body along with the arms.
- Work spread out over a large area.
- Varying work heights.
- Working with heavy objects or forces.
- Viewing closely or at odd angles.
- Getting up and down often from your seat.

The stability of the straddle posture also improves hand accuracy and power and provides a restful alternative to standing work.

■ CAN CHILDREN USE THE BAMBACH SADDLE SEAT?



Yes. In fact, the BAMBACH SADDLE SEAT was originally developed for disabled children. Children naturally sit with perfect posture in the saddle seat. It's the ideal seat for a student. As the child grows, a low cylinder can easily be replaced with a higher one. Very small children will need the foot platform accessory.

■ CHAIR AND DESK ADJUSTMENT

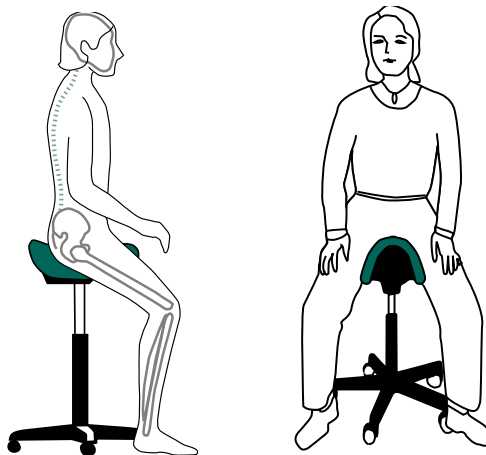
The BAMBACH SADDLE SEAT places you higher than an ordinary chair, in a position in-between sitting and standing. This allows your legs to assume a naturally balanced position and the spine to retain its natural curves. There are several pneumatic lift sizes available to customize the height of your saddle seat.

Adjust the height of the chair first. If your saddle chair has a backrest, push it out of the way until the seat is adjusted.

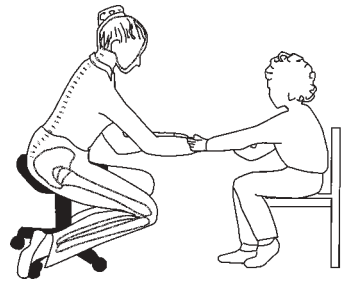
- 1) **Adjust chair height** by lifting the hand lever (A). The pneumatic cylinder raises the seat when there is no weight on it, so you have to raise your bottom up off the seat to allow it to raise.

Raise the seat until your legs hang in the air. Let your hips stretch and your legs hang loose for a minute or so. Lower the chair gently by lifting the hand lever (A) until your heels touch the floor.

Relax your body. If your posture collapses, either your feet are too far in front of your body or the seat is too low. Raise the seat higher, or move your feet further backward and you feel your spine straighten.



Your thighs should settle at an angle of about 45-degrees below your hips.



If your work is lower than recommended you will have to tuck your feet under the seat.

If your work is lower than recommended you will have to tuck your feet under the seat. This limits your mobility and your spinal postures will be less than ideal. Even so, this may be preferable to a traditional task chair if your work involves reaching forward. Many occupations require working at a lower than ideal height, including preschool teaching, car door assembly work, podiatry, and dialysis nursing.

- 2) **Adjust chair tilt** by lifting the hand lever (B) while seated. With your right hand lift and hold hand lever; with your left hand grip the front of the seat and push down or up to tilt the seat forward or backward. When the angle of tilt feels comfortable, release the lever to lock the seat into position. Correct adjustment is a matter of individual preference, but somewhere in the middle is a good starting point.

You may need to experiment to find just the right angle. If the seat is too far forward you may feel pressure on the pubic area. If you feel pressure on your tail bone the seat is tilted too far back. People with thick thighs or peroneal tissues generally tilt the seat more forward. People with thick buttocks generally tilt the seat more backward. When properly adjusted, the seat cradles your pelvis in a neutral position.

Be prepared to make frequent small adjustments for maximum comfort while you are getting used to the seat.

- 2) **Adjust back rest angle** by lifting the hand lever or loosening the adjustment knob (not shown), depending on your seat model. The backrest moves forward and backward. It should just contact your body. It should not push into your back.
- 4) **Adjust back height** by lifting the hand lever (C) or loosening the adjustment knob (not shown), depending on your seat model. The peak in the cushion should nest into your low back curve.
- 5) **Adjust your desk.** Your work surface should be close to your elbows. Saddle sitting raises you several inches higher than a conventional chair. Hand tasks must be raised accordingly. Position your desk:

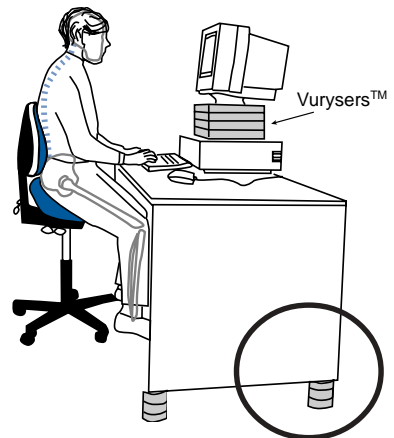
Slightly above elbow height for visually demanding tasks, fine hand work, and writing by hand.

Close to elbow height for computer use. If you are a touch typist, put your keyboard at or slightly below your elbows and close to your body. This is ideal. If you are not a touch typist and must look at the keyboard when you type, you will have to raise your desk just above your elbows. This forces your keyboard away from your body and requires that your arms be supported by the desktop or arm rests to prevent neck and shoulder strain.

Slightly below your elbow height for hand tasks that involve forces, e.g., pushing, pulling, lifting or strong gripping .



Conventional desks may be too low for saddle sitting.



Raise your desk with shims (e.g., Raise Its™), wood or bricks.

■ WHAT IS MY SADDLE SIZE?



Your saddle should be long enough (front to back) so there is no pressure to your "private parts" (the peroneal soft tissues), and wide enough to keep your knees spread wide. It is the spread of the legs, called hip abduction, that stabilizes your pelvis in a natural upright posture. This also keeps your hip joints in their ideal alignment in their sockets. If your knees move too close together, your spine becomes less stable and can collapse into a slump.

- ✓ The "standard" Bambach saddle fits most adults and school-age children.
- ✓ The "large" Bambach saddle fits large-framed people, people with thick thighs or buttocks, and is sometimes more comfortable for male anatomy.
- ✓ The "narrow" Bambach saddle is for people with narrow hips, and hips that are very stiff from due to arthritis, spasticity, fracture or other hip pathology.
- ✓ The "small" saddle is for toddlers and tiny children.

■ WHO NEEDS A BACK REST?



Most saddle-sitters experience better posture *without* a backrest. Traditional chairs support the spine by pushing into the back. This is not the case in a saddle seat.

Backrests on saddles can be helpful for people with muscle weakness, uncontrolled movements, or poor balance. Backrests on saddles can also be helpful for prolonged, fine hand tasks, such as micro-surgery. If you select a model with a backrest, you need not use it when you are working. Use it just as a rest. Lean against the back rest while you rest, listen, talk, or when you sit back to think.

Take care not to position the backrest so far forward that it pushes you onto the front pommel of the seat. That hurts. In the saddle seat there should be no back rest pressure pushing into your back.

■ BAMBACH SADDLE SEAT WARRANTY

For standard use, Health by Design warrants to the original purchaser that the BAMBACH SADDLE SEAT shall be free from defects in material and workmanship for 5 years. For continuous 24-hour use, for example multi-shift applications, Health by Design warrants to the original purchaser that the BAMBACH SADDLE SEAT shall be free from defects in material and workmanship for 2 years. Normal wear of fabrics is not covered.

This warranty is void if the product has been defaced, changed, or tampered with or improperly used or installed or if the claim arises from damage or loss during shipment.

Our liability is limited to repair or replacement of the goods at our option. All other warranties express or implied, whether arising by virtue of statute or otherwise are excluded.

For warranty issues please call our Customer Service Department at 888-909-3746 (toll-free) 415-883-4550. Most components can be replaced in the field by the customer. The customer is responsible for delivery of products returned to the factory. We cannot accept returned items without prior authorization.

