

Relative increase/decrease in pressure on lumbar spine (standing = 100%)



Adapted from 'Towards a better understanding of low-back pain: a review of the mechanics of the lumbar disc', by Alf Nachemson. Published in *Rheumatology and Rehabilitation* (1975).

Dentists have a high incidence of occupational back pain and injury, in some cases making it impossible for them to continue to work as dentists.

'The nature of dental work means flexion of the lumbar spine and subsequent loading on the intervertebral discs or extra tension in the spinous ligaments both of which can contribute to discomfort and pain'.

Green and Brown (1963), cited in *Musculoskeletal Disorders in Dentists*, by Patrick Carr, B. App Sc.
Published in the A.D.A. (QLD Branch) Newsletter, November 1996.

Think carefully about the claims of conventional seating when it is described as ergonomic. You may think that because it says 'Ergonomic' this means it will help your back; this is often wrong.

If a seat does not allow your pelvis to maintain its neutral position during work, it will cause spinal stress.

'A good sitting posture maintains the spinal curves normally present in the erect standing position'.
R. A. Mc Kenzie, 'The Lumbar Spine', Spinal Publications, 1981.

The Saddle Seat has radically changed the seated position so that now you can actually help your back to work pain-free.

So if you can't afford to let back pain take over your practice, try a Bambach Saddle Seat. Contact Bambach Saddle Seat for a consultation or money-back trial.



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Will back pain shorten your career as a dentist?



Have you ever considered that your seat is probably the main cause of your back pain?



Did you know that on a conventional seat your spine has a greater load sitting than standing?

The diagram opposite shows that, when you lean forward to work, you load your spine as much as if you were lifting a weight.

Worse still, for a dentist it stays that way all day.

Did you know that there is a new way of sitting to relieve your postural stress?



This new seat is specifically designed to allow you to work seated and still maintain good posture, even when leaning forward to work.

Even when you have to hold this forward position for long periods, for procedures necessitating holding your body still to perform close precise work, your spine is still in its natural curves.

The Bambach Saddle Seat is custom designed to maintain your pelvis in its neutral position, the same as it is in standing. In this position your spine and shoulder girdle can function in their most natural and stable position. The position of least stress.

In The Bambach Saddle Seat, the muscles in your back, abdomen and shoulder girdle are in their natural balance. When you lean forward to work it is from the hips not the waist maintaining your lumbar curve.

