

Stretching exercises to help keep your team fit

Sitting on a Bambach Saddle Seat will go a long way towards preventing neuromuscular dysfunctions which can lead to painful musculoskeletal disorders and premature retirement. Coupled with these simple stretching exercises, The Bambach ensures that you maintain a healthy, pain free posture, at all times.



Exercise 1

- Position your left elbow at 90 degrees and up towards shoulder height.
- Now gently pull your left arm across the front of your body with your right arm.
- Hold the position for 5 to 10 seconds. Repeat three times for each arm.

Exercise 2

- With your feet flat on the floor, bend your right side, resting your right elbow on your right leg.
- Stretch your left arm overhead and look at the ceiling.
- Hold the position for 10 seconds. Repeat three times for each side of your body.

Exercise 3

- Clasp your fingers together behind your occiput.
- Slowly extend your upper back and look towards the ceiling.
- Press your elbows outwards to stretch your chest.
- Hold the position for 5 to 10 seconds. Repeat three times.

Exercise 4

- Anchor your right hand behind your back.
- Slowly bring your left ear towards your left armpit.
- Hold the position for 5 to 10 seconds. Repeat three times for each side of your body.

Exercise 5

- Stand with your feet a shoulder width apart and arms behind your back.
- Grasp your left wrist with your right hand and pull your left arm down and right.
- Tilt your head to the right. Hold the position for 10 to 15 seconds.
- Repeat grasping your right wrist with your left hand, pulling down and left.

Exercise 6

- Stand with arms extended in front of you to shoulder height, with fingers interlaced and palms facing outward.
- Extend your arms and shoulders forward and hold for 10 to 15 seconds.
- Return to a standing position.



Avoiding musculoskeletal disorders

Musculoskeletal disorders are a significant issue for today's professionals.

What is a musculoskeletal disorder?

Essentially, a musculoskeletal disorder is a condition that affects nerves, tendons, muscles and supporting structures such as inter-vertebral discs. Typically affecting the neck, shoulder, back, wrist and hand, symptoms range from mild periodic pain or discomfort to severe chronic pain or discomfort. The most common telltale signs that you're suffering from such a condition include a decreased range of motion, deformity, decreased grip strength and loss of muscle function. Accompanying symptoms include pain, numbness, tingling, burning, cramping and stiffness.

What causes a musculoskeletal disorder?

In dentistry, there are a number of factors that have been identified as contributing to musculoskeletal disorders. These factors are primarily related to workplace ergonomics, which have a significant effect on operational habits and working posture. In particular, movements or actions that can cause or exacerbate a musculoskeletal disorder include:

- Frequent or prolonged use of vibrating tools
- Forceful hand exertions, such as squeezing or release of instruments
- Repetitive movements of hand and wrist
- Fixed or awkward postures of the neck, back and shoulders
- Lack of upper extremity support during work
- Abnormal positioning of wrist and hand
- Poor positioning while treating patient
- Poor organisation of instruments

How to prevent musculoskeletal disorders

There are several actions you can take that will help you eliminate the cause of musculoskeletal disorders, including simple chairside exercises (see accompanying document), taking regular breaks and avoiding prolonged work hours. However, the most important preventative action you can take is to ensure that you maintain an ideal operating posture. This requires that the spine is maintained in its normal s-shape when seated. As many dentists like yourself already know, the Bambach Saddle Seat has been proven to ensure that this is the case.

Dentists & Dental Assistants

To dentists and hygienists, the cumulative effects of poor oral care are obvious; plaque and tartar, periodontal issues, dental caries and more. While they work to protect their patients, their own health is at risk. Conventional dental stools force the spine into an unnatural 'C' position. During the daily routine of examinations, cleanings and treatments, disc compression and muscle tension accumulate. Eventually, this can lead to chronic lower back pain, muscle spasms, neck and shoulder disorders, and even a lack of manual dexterity. Research shows almost 30% of dentists are forced to retire early due to back pain caused by poor posture.

The Bambach Saddle Seat is scientifically designed and medically proven to correct the poor posture and pain created by conventional dental stools. The unique saddle design positions the pelvis directly below the upper body, allowing the spine to maintain its stressfree 'S' shape. The result is less pain and fatigue, better long term outcomes—for dentists, hygienists, assistants and their patients.



Physicians and Wellness Professionals

Caring for another—completely and without reservation—often leaves little room to care for ourselves. Few understand this like the doctors and therapists who devote their lives to healing. All their caring and skill are useless if chronic pain prevents them from being there for their patients. At Hager Bambach we know.

The Bambach Saddle Seat was created by an occupational therapist who suffered spinal damage as a child. Mary Gale knew the pain and postural effects caused by conventional seating—disc compression, spinal deformation and chronic upper body pain. She made it her life's work to perfect a seating solution that supports the natural "S" curve of the spine. As a result, thousands of doctors, physical therapists, podiatrists, chiropractors, massage therapists and more now work pain free.

Today, the Bambach Saddle Seat is not only recommended by doctors and therapists for their patients, it is in use in hospitals, clinics, medical care facilities around the world. By caring for those who care for others, we're making a difference.

Home Health & Therapy Product Resellers

It's a good time to be a reseller of home health and therapy products. Demand for ergonomic seating is growing, spilling out of the office and into the home. Accelerating technology is enabling more individuals to take advantage of telecommuting. Meanwhile, the number of individuals with musculoskeletal disorders keeps growing; people are looking for relief—not just at work, but at home.

But if every chair is labeled "ergonomic" how do you help customers separate the imitators from the innovators? Look at what they do, not what they say. The truth is, conventional seating—by its very design—prevents the pelvis from supporting the spine and keeping the upper body in proper alignment. The result can be chronic pain, circulatory issues, loss of manual dexterity and more.

The Bambach Saddle Seat is radically different in its design. It places the pelvis beneath the spine, enabling it to return to its natural "S" curve and allowing the lumbar discs and muscles to relax. It's been medically proven to relieve disc compression, improve circulation and reduce muscle fatigue. For retailers and their customers, the Bambach Saddle Seat provides a healthy difference.

Endorsed by:



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Veterinarians

Bites, scratches and the occasional kick. These are the occupational hazards you willingly endure to care for animals. You knew it was part of the job when you signed on to work in veterinary medicine. You wear them proudly like professional badges of honor. But the chronic pain in your back and neck, caused by hours of sitting hunched over patients throughout the day—they didn't warn you about that in school.

Yet, the majority of veterinarians, vet techs and even administrative personnel suffer from some degree of work-related musculoskeletal disorders. Much of it is caused by poor seating posture that exacts a heavy toll on the body, during the day and over time. Poor posture affects breathing, blood flow, and cholesterol levels; it can lead to disc problems, the development of varicose veins and hip issues later in life. Of course, for every physical problem there are multiple fiscal implications: lower productivity, lost workdays, higher worker's comp and more.

Ironic, that such complex and inter-related issues could be caused by something as simple as a chair. This is where Hager Bambach comes in. The Bambach Saddle Seat is radically different in its design. It places the pelvis beneath the spine, enabling it to return to its natural "S" curve and allowing the lumbar discs and muscles to relax. It's been medically proven to relieve disc compression, improve circulation and reduce muscle fatigue.