

The Bambach Saddle Seat



HÄGER bambach



We slouch, contort and stretch; hunch and hunker.
We wince when the pain is too great, take a breath
and push through the day. Most of all, we sit—about
seven and one half hours a day, five days a week.

Confined to chairs whose basic design has not
changed in over 6,000 years – we are paying the price.

In the U.S. alone, work-related back pain results in nearly
300 million lost workdays a year. The cost, in terms of
treatment and lost wages—\$874 billion, or 5.7 percent of
the national GDP.¹ That doesn't even begin to account for
the sacrifice in our quality of life.

For most of us—like it or not—sitting is part of our job.
Maybe we can't change that, but we can change how we sit.
At Hager Bambach, we have.

¹ *The Burden of Musculoskeletal Diseases in the United States: Prevalence, Societal and Economic Costs (BMUS)*, 3rd edition;

The Bambach Saddle Seat: It's all about the “S”

It begins with an “S”, as in simplicity.

“S”, as in the natural shape of the human spine; as in the story of Mary Gale, Occupational Therapist, whose personal setbacks and professional curiosity led to what may be the first radical redesign of the chair in the last 6,000 years.









As the world's first saddle-based seating solution, the Bambach Saddle Seat has changed the everyday act of sitting. Its design — brilliantly simple — returns the spine to its natural S-shaped form. Free of the spinal compression and muscular tension caused by conventional seating, the body's circulation and stamina improve, pain is reduced and even breathing becomes easier — benefits that have all been thoroughly

researched, documented and vetted.

Today, customized Bambach Saddle Seats are the preferred seating solution

in a wide range of environments around the world. Hospital and outpatient

facilities, dentist offices, physical and

occupational therapy centers,

veterinary clinics and more.

"S" as in a smarter seating

solution — the kind that invites you

to sit up and take notice.



Our Story

Mary Gale, an Australian occupational therapist and lifelong horseback rider, was intrigued. Why was it that patients, unable to sit unsupported in an ordinary chair, could sit comfortably and completely unsupported on horseback?

Her interest was not just academic, it was personal. At age fourteen, a riding accident damaged her spine, requiring multiple surgeries. Years later, while working at a hospital in Sydney, a young woman who had suffered serious injuries from a car accident asked Mary to take her riding. The experience proved therapeutic for the young patient and inspirational for Mary.

Mary was convinced that the saddle posture, in which the spine is allowed to return to its natural “S” shape, was far healthier than conventional seating. Previous research validated her theory, concluding that ordinary seating forces the spine into an unnatural “C” shape, placing stress on the spinal discs and associated muscle groups.

Mary left the hospital to work with her father, Anthony Bambach, a successful manufacturer. She met Bill Gale, an engineer and her future husband. Together, with another occupational therapist and a physiotherapist, the pair developed and introduced the first Saddle Seat.

Mary and Bill continue to be actively involved with the AF Bambach Company and Mary remains a vocal champion of the Bambach Saddle Seat around the world.

The Science of Support

The benefits of the Bambach Saddle Seat are grounded in scientific research. While the details may vary, the general conclusions tend to agree:

- Conventional seating places the upper behind the pelvis, leaving the spine unsupported. This exerts significant pressure on the lumbar discs, stretching the ligaments and muscles supporting the spine, and compressing the internal organs. This unnatural position impairs breathing and digestion, affects circulation and forces the heart to work harder.
- With the thighs at a 90-degree angle to the upper body, the hamstrings - which are connected to the pelvis and the back of the knee - are stretched.
- When sitting on a flat surface, some important postural muscles become inactive, compromising the body's ability to remove fat and cholesterol from the bloodstream. Studies show that when these muscles are inactive, production of lipoprotein lipase, an enzyme that helps remove fat and cholesterol, drops by 90 - 95%. Moreover, within a couple of hours of sitting, levels of some healthy cholesterol also drop, by 20%.





- Standing puts the pelvis in a neutral position and enables the postural muscles to maintain the spine in a natural “S” shape. However, research has also shown that standing all day places an additional load on the circulatory system, increasing the risk of carotid atherosclerosis by a factor of nine.

The solution is to maintain the pelvis under the spine, enabling the postural muscles to support the upper body. This position minimizes compression of the lumbar discs, allows the back and neck muscles to relax and relieves on the internal organs. Placing the pelvis above the knees keeps the hamstrings relaxed and encourages good circulation of blood and fluids.

In other words:
the solution is the
Bambach Saddle Seat.



The “S Factor”

The human body is infinitely complex and beautifully engineered. All its systems and components are intricately interconnected – especially when it comes to bones and muscles. By allowing the spine to return to its natural shape, the Bambach Saddle Seat doesn't just relieve pain and pressure on the back.

Breathing is easier. The lungs and abdomen are free to function as they should. So breathing is easier and abdominal issues like indigestion are under control

Head and neck pain recede. As good posture becomes second nature, the neck receives the correct support it needs.

Stamina and dexterity increase. Spine, neck, and head are properly aligned to minimize muscular stress. Less stress means more energy for the tasks at hand and less fatigue at the end of the day.

Circulation improves.

While sitting, the legs and feet assist with balance. Small but constant movement keeps blood and fluids flowing, and can even help with varicose veins.

Risk of hip problems is lower. Proper posture helps protect the femur where it contacts the hip socket, reducing the chances of long-term hip problems.



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.¹



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 stress-free 'S' shape. The result is less pain and fatigue, better long term outcomes—for dentists, hygienists, assistants and their patients.

1 Dentists Provident Income Protection Claims Statistics 2012

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.

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.

Ironically, 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.



Each Saddle Seat: as unique as its user

No two individuals are identical.

So every Bambach Saddle Seat is customized to fit the user's body type, work environment and even décor.

Customizing a Bambach Saddle Seat is as easy as

- 1 Choose a saddle seat: Two options—standard and large seats — provide a tailored fit for a variety of body types.
- 2 Select the proper height: Users can choose from three different stem lengths: short, under 63 inches (160 cm); medium, 63 to 72 inches (160 – 180 cm); and tall, over 72 inches (180 cm).
- 3 Pick a caster type: The Bambach Saddle Seat has a variety of caster options for different work environments. Select from casters designed for hard or soft surfaces.
- 4 Choose a fabric and color: A Bambach Saddle Seat goes with any decor. The easy clean vinyl is available in six standard colors. Or choose the rich look and feel of Ultra-Leather. Special colors available upon request.
- 5 Top it off with extras: Saddle Seat accessories, which include backrests, armrests and foot rings, provide for more comfort and functionality without compromising perfect posture.

Ordering Your Bambach

Standard NaugaSoft Colors



Fawn

#790150C
#790250C
#790350C
#790450C



Cocoa

#790154C
#790254C
#790354C
#790454C



Feather

#790151C
#790251C
#790351C
#790451C



Lake Louise

#790155C
#790255C
#790355C
#790455C



Deep Sapphire

#790152C
#790252C
#790352C
#790452C



Black Satin

#790153C Classic
#790253C Classic Plus
#790353C Classic w/ Back
#790453C Classic Plus w/ Back

Colors are for
representational
purposes only

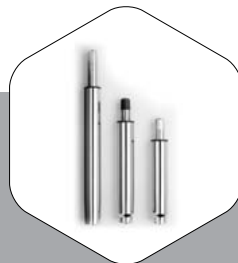
Specialty colors available upon request

Custom Components

Bambach Gas Cylinders		
Short	(5.5" height)	G480023
Medium	(8" height)	G480024
Long	(10" height)	G480025

Bambach Base	
Terminal 5 Star	G480045

Bambach Wheels	
Carpet Surfaces	G480066
Hard Surfaces	G480067



Chrome Pistons



Wheels



5 Star Base

Included on all Bambach Saddle Stools

Optional Accessories

Bambach Foot Ring	
Foot Ring	G480030

Bambach Arm Rest	
Right-handed/Left Arm	G480035
Left-handed/Right Arm	G480036



Foot Ring



Arm Rest



To learn more about the Bambach Saddle Stool watch our videos at:
www.hagerbambach.com/index.php/resources or scan the QR code





To Order:
Call (800) 328.2335
Fax (800) 573.9392
www.hagerbambach.com
contact@hagerbambach.com