

Sit and Work Pain-Free

**HÄGER** bambach



# The Bambach

The *original* ergonomic saddle seat

# Is your chair causing you pain?

As a dental professional, finding a comfortable seated position while treating patients can be difficult.

You slouch, contort and stretch; hunch and hunker just trying to find the best working angles. Maybe you even wince when the pain is too great, take a breath and push through the day.

And you're not alone. At times as many as 80 percent of dental professionals suffer from lower back, neck and shoulder pain, together with related headaches. Even worse, the pain not only impacts your ability to do your job, it can shorten your career and affect your life outside the practice. Studies show that one cause of these health problems is poor posture.

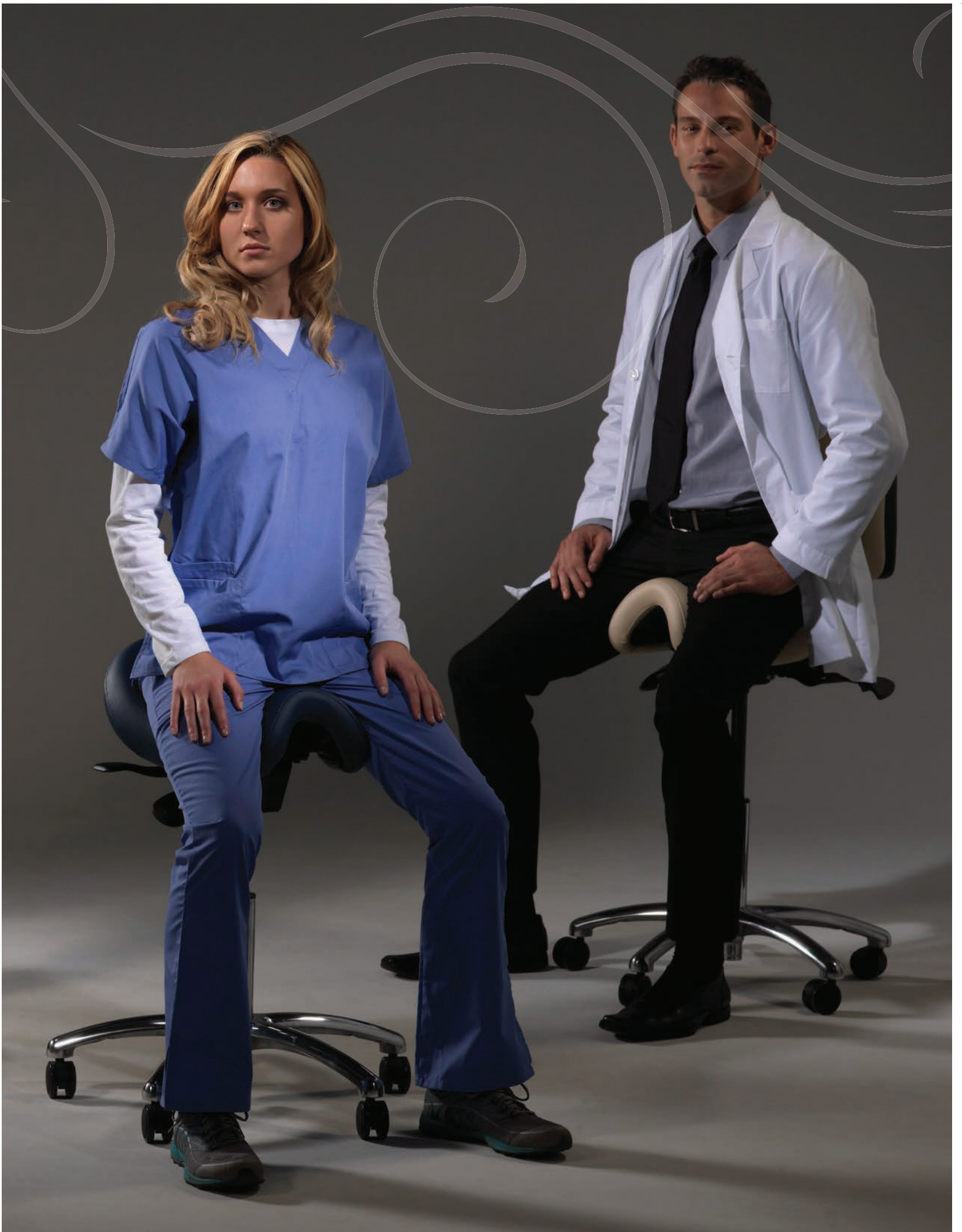


Designed in Australia by an occupational therapist  
over 30 years ago, it's the original ergonomic saddle seat  
that allows people worldwide to sit and work pain-free.

# The Bambach can help.







*“The first time I sat in this chair, I knew it was going to be a back/neck/shoulder saver. I love how this chair keeps my body in a straighter position naturally. I’ve been a hygienist for almost 20 years and I wished I would have started using this type of chairs years ago”*

*Shari Cotterman, RDH, Fort Worth, TX*

## Why a saddle design?



Mary Gale, the occupational therapist who invented the Bambach, was also a lifelong horseback rider. And while using riding in some of her treatment plans, she began to notice something that intrigued her: patients that needed extra support to sit in an ordinary chair, could sit comfortably and completely unsupported on horseback.

Over time, Mary became convinced that the saddle posture, in which the spine is allowed to return to its natural “S” shape, was far healthier than that of conventional seating.

Plus, 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.

Teamed with another occupational therapist, physiotherapist, and engineer, Mary introduced the first saddle seat in 1988.



# The Bambach vs. Conventional Seating

With so many seats labeled “ergonomic”, how do you separate the imitators from the innovators?

Look at what they do, not what they say.

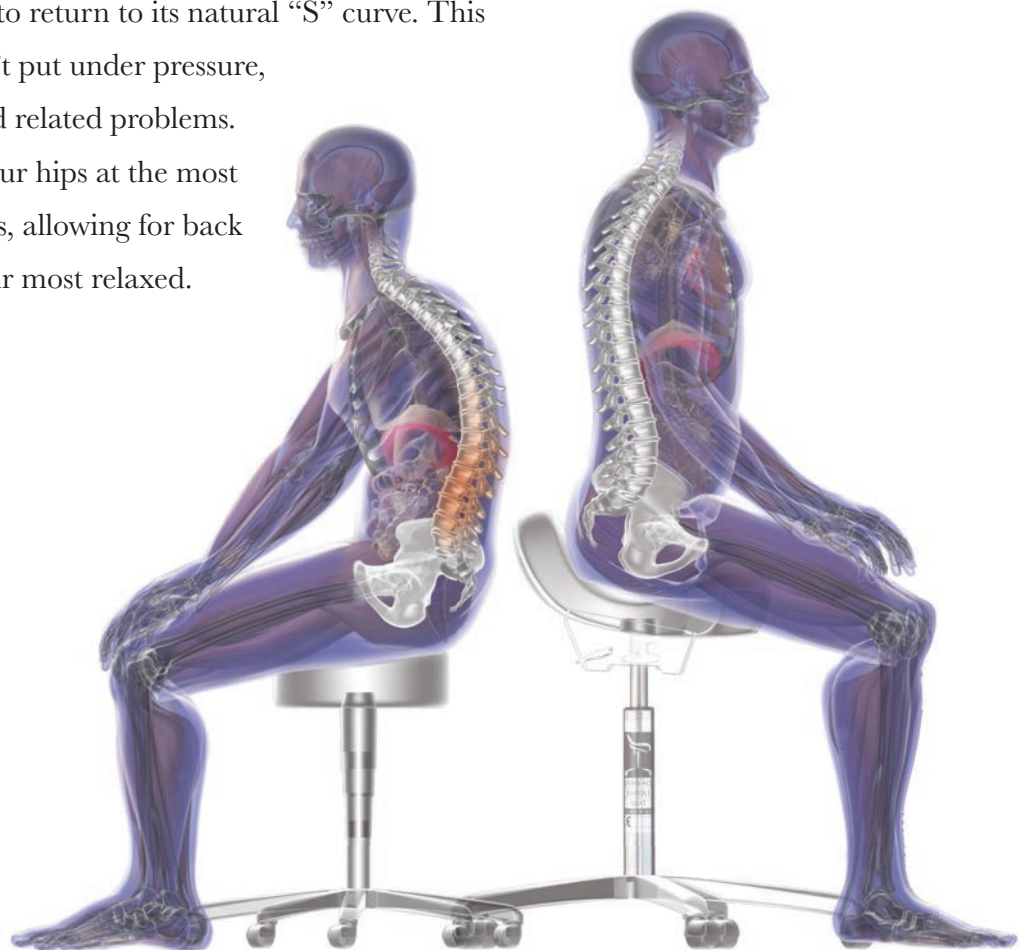
**Conventional flat seating** - by its very design - prevents the pelvis from supporting your spine and keeping your upper body in proper alignment. Additionally, flat chairs tend to bend your hips at 90 degrees to your spine, causing it to deform into a compressed “C” shape. This unnatural curvature increases stress on the discs which can lead to pain, with the 4th and 5th lumbar discs being the “classic” trouble spots.

**The Bambach Saddle Seat** is radically different in its design. Unlike the conventional flat seating, the Bambach places the pelvis beneath the spine, enabling it to return to its natural “S” curve. This means your lumbar discs aren’t put under pressure, helping to avoid back pain and related problems.

Plus, the Bambach keeps your hips at the most ergonomic angle of 45 degrees, allowing for back and thigh muscles to be at their most relaxed.

*“It positions me better to work on the patient.  
I can be more comfortable and see better because  
of the height of my back angle”.*

*Jessica Bishop, DDS, Chapel Hill, NC*





# How does this help dental professionals?

The design of the Bambach automatically keeps your posture painless and practical. This creates **freedom of motion that allows you to get in closer to your patient**, so you don't need to lean over and outward so far. In addition, the chair swivels, not you. Meaning the amount of unnatural twisting that your spine has to do is greatly reduced.

At the same time, it allows you to hold your arms at a more natural angle and height. This reduces the work your neck and shoulders would normally have to do in supporting them. Plus, the grip needed to hold your instruments steady for prolonged periods is more relaxed. Wrist and finger muscles experience less stress.

And dental professionals love the seat's mobility and compact design, which makes maneuvering around tight operatories easy.



## Who else does the Bambach help?

This is truly a universal seating solution. For example, here are other professionals that use the Bambach to sit and work pain-free:

- Ophthalmologists
- Veterinarians
- Optometrists
- Podiatrists
- Chiropractors
- Physical Therapists
- Pediatric Special Needs
- Wellness
- Artists
- Musicians
- Massage Therapists
- Graphic Designers
- Tattooists
- Medical Imaging
- Office



# How to create your perfect Bambach

1.

Choose your saddle seat size: There are two options - Classic and Classic Plus. In most cases, males prefer the Classic Plus and females prefer the Classic. Additionally, either size seat is available with or without a back rest.



2.

Pick your saddle seat color: Shown below are the six standard colors to choose from. Trying to match other equipment or furniture? No problem. Custom colors are available upon request for an extra charge. To match, we typically just need the other manufacturer's item number and color.

	Fawn	Cocoa	Feather	Lake Louise	Deep Sapphire	Black Satin
Colors are for representational purposes only						
Classic	#790150C	#790154C	#790151C	#790155C	#790152C	#790153C
Classic Plus	#790250C	#790254C	#790251C	#790255C	#790252C	#790253C
Classic w/Back	#790350C	#790354C	#790351C	#790355C	#790352C	#790353C
Classic Plus w/Back	#790450C	#790454C	#790451C	#790455C	#790452C	#790453C
Classic w/ErgoBack	#790550C	#790554C	#790551C	#790555C	#790552C	#790553C
Classic Plus w/ErgoBack	#790650C	#790654C	#790651C	#790655C	#790652C	#790653C

Specialty colors available upon request

3.

Select the gas cylinder based on your height:  
 Tall ( 6'1" and over )  
 Medium ( 5'3" – 6' )  
 Short ( 5'2" and under )

*\*The tall cylinder is recommended to be used with the foot ring, for example, in the case of an assistant's stool.*





## 4. Pick your castor based on your floor type: Hard or Carpeted



Carpet Surfaces  
G480066



Hard Surfaces  
G480067



Terminal 5 Star Base G480045  
(Only Base Option)

## 5. Choose your fabric: All Bambachs come standard with medical grade Naugahyde, a durable synthetic leather that's easy to clean. Ultra-leather is available upon request for an extra charge.

## 6. Add your accessories:



Foot Operated Height Adjuster G480010



ErgoBack™  
Field Assembly Kit\*  
G480075

\*Can be installed in the field for  
current non-back Bambachs



Ergo Arm Rests (Side) G480037

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



Foot Ring G480030

# Warranty:

Your Bambach is covered by a 5 Year Warranty\*. To register, please fill out the warranty card that is included with your order and mail it back to Hager Bambach within 30 days of receiving your order.

## Next Steps

Ready to place your order? Or have a few questions before moving forward?

Great! Give us a call and our customer service agents will be happy to assist you. They can be reached at **800-328-2335**, Monday-Friday 8:30AM – 5:00PM Eastern Standard Time.

Or you can reach us via email at [info@hagerworldwide.com](mailto:info@hagerworldwide.com).

## The Bambach Guarantee

We get it.

Even though you may be 99% sure the Bambach is the perfect fit for your needs, we realize it's difficult to be absolutely sure without first using it in your own space.

That's why we give you **30 days to try it risk-free**. You either 100% love it, or return it for a full refund, no questions asked. It's that easy.

So what are you waiting for? Order your Bambach Saddle Seat today!

### \*Terms of Warranty

1. Hager Worldwide warrants that this product is free from defects in workmanship and material, exclusive of coverings.
2. A claim made under warranty must be submitted with proof of purchase and returned to the dental dealer.
3. A claim under warranty will not be accepted if the product has been defaced, changed or tampered with or improperly used or installed, or if the claim arises out of damage or loss during shipment or for any use that exceeds the published capacity of the product. A Bambach returned in accordance with Hager/Bambach return goods policy for inspection and found defective will, at the option of Hager/Bambach, be repaired or replaced at no charge, but no claim for outside labor or charges will be permitted.



*I can get closer to the patient and my posture is much better. I notice when I'm sitting in other chairs that I tend to sit straighter. I'm hoping that by using this chair I can postpone retirement a little longer! I wholeheartedly recommend this chair for all dental staff, especially dental hygienists.*

*Ann Boyett, RDH, Silverdale, WA*

# The Universal Seating Solution

Home



Physical Therapy



Hospital/Lab



Life Guard



Podiatrist





To Order:

Call (800) 328.2335

Fax (800) 573.9392

[www.hagerbambach.com](http://www.hagerbambach.com)

[contact@hagerbambach.com](mailto:contact@hagerbambach.com)