

Bambach® – The Real Aid for Back Pain

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- 2006 – 2011 Study of dentistry at Münster University, Germany
- 2012 – 2014 Dental Practice, Korschenbroich
- 2014 – 2016 education as oral surgeon, OMFS Clinic Essen
- 2015 Completion Curriculum Implantology
- 2016 – 2018 oral surgeon, MKG am Wasserturm, Dr. med. Dr. med. dent. Schmüdderich, Meerbusch, Germany
- 2018 Oral and maxillofacial surgeon



Video

Bambach Saddle Seat***	Leather, Black	Vinyl, Black
Standard	B202021	B201001
Standard + backrest	B302021	B301001
Cutaway	B204021	B203001
Cutaway + backrest	B304021	B303001
Armrest Long Right (can be retrofitted)	BARM-1021	BARM-1001

* seats of other manufacturers without this curvature
 *** Seats also available in Small and Large.

The work of a dental professional requires a lot of concentration and precision. The limited working area of the mouth often forces us into an unnatural and stiff working position. The Bambach Saddle Seat (Hager & Werken) has recognized and solved this problem.

After extensive and difficult treatments, I used to suffer from back pain resulting from the natural protective function of the body against the unnatural sitting position. Did you know that a bent over sitting position causes a pressure to the intervertebral disk equivalent to carrying heavy weights? In a sitting position, the requirements of our musculoskeletal system do change considerably. We principally try to adopt a (protective) position by tilting back of the pelvis for compensation of the femoral musculature tension. By this position, the lumbar spine is straightened and the body weight is carried by the spine structures. The muscles relax, however, the intradiscal pressure is increased. In plain language – you adopt an unhealthy sitting position. Moreover, the Bambach Saddle Seat supports blood circulation of the tissue and the musculature. Furthermore, long and undynamic sitting causes congestions in the venous and lymphatic system leading to a pressure increase, which in the long run may end in an increased activity of the pain receptors. Long sitting decreases HDL (high density lipoproteins) and rises the cholesterol level thus promoting the development of arteriosclerosis respectively thrombosis in the long term (van der Ploeg et al, 2012). For this reason, the working place should be designed as ergonomically as possible in order to guarantee an optimally healthy working position.

The Bambach Saddle Seat is a clever solution to this problem and in addition it is very practical in handling. The seat is not only adjustable in height, but also the inclination angle can be adjusted individually. By this, the seat keeps the pelvis tilted forward without stress on the knees by the body weight thus avoiding an unhealthy protective position. A sitting position with the pelvis tilted forward provokes the upright posture of the natural lumbar spine curvature thus reducing the pressure to the vertebral disk. Studies with children and rehabilitation patients prove that sitting with the pelvis tilted forward facilitates the function of the upper extremities. A dental study (Ganadavadi et al, 2005) reveals that the failure rate in a sitting position with bent over pelvis is reduced, simultaneously skillfulness is increased. Much more important though is the fact that we can leave our workplace free of pain after a long day's work and actually do protect our back in the long run. Today, we spend an average of 70 % of the day in a sitting position and many colleagues suffer from chronic back pain. A good saddle seat is able to reduce diseases of the musculoskeletal system due to working conditions. The inventor of the Bambach Saddle Seat, Mary Gale, an Australian ergotherapist, researched this topic in detail and published many studies on it. Not only the inclination angle, but also the unique rear saddle seat curvature support a healthy sitting position.



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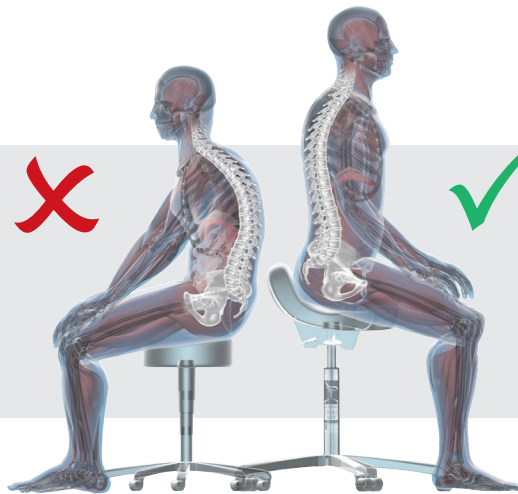
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Although many other saddle seats resemble the Bambach optically, fine differences do exist, which can be noticed at second sight only and which have a huge effect on the musculoskeletal system. Also male colleagues, who at first sight are skeptical about the saddle seat due to their anatomy, are mostly enthusiastic after a short time. It is no wonder, just think about the variety of hobby or professional equestrians not only sitting but also riding on a saddle without problems or pain.

I use the Bambach daily, it offers me a quick change of position without leaving a relaxed sitting position. A hygienic rising and sitting down without hand contact is possible at any time. The breathable genuine leather avoids an unpleasant generation of heat even during long treatments. When composing my Bambach, the column height corresponding to my individual body height was determined and my pelvic width was taken into consideration by the Cutaway saddle version. Even the wish for covering the seat with our own practice leather had been fulfilled. For fairness sake, however, I have to mention the fact that you need a little adaptation phase just like it is the case with new kinds of sport. In the beginning, neglected muscle groups have to be trained and built-up before you obtain the optimal sitting feeling. After that adaption phase, the Bambach will convince you all along the line.

A bent over sitting position causes a pressure to the intervertebral disk equivalent to carrying heavy weights.



The pelvis is slightly tilted forward. The lumbar spine is automatically brought into a natural posture and reduces the pressure onto the vertebral disk.



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** More colors and medical grade Vinyl fabric available.

*** Seats also available in Small and Large.

Genuine leather**

White #032	Grey #026	Heron #025	Poppy #036	Kingfisher #024	Damson #038
Atlantic Blue #023	Ink #022	Black #021			



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