

Which saddle stool suits you best?

1 Correct height

You will only experience the full benefits of the saddle stool if your position is high enough to sufficiently open up your hip angle, thereby placing you in a natural and relaxed posture.

The perfect sitting height is the one where your upper legs naturally follow the shape of the seat. This enables the maximum hip angle to be achieved (130 to 140 degrees) while keeping your weight evenly divided across the seat of the saddle stool and the floor.

Because people vary in height, Score Dental saddle stools are available in three different heights, each with its own range of height adjustment. For nine out of ten people, the standard height provides a correct adjustment range to position the stool at the optimal height. It is therefore the most popular option if the stool is going to be shared by multiple persons.

2 Perfect fit

Score Dental saddle stools are available in two unique seat shapes. The Amazone for an active narrow sitting posture, and the Jumper for a wider sitting posture.

Amazone

The shape of the Amazone's seat facilitates the most open hip angle. Your weight is divided evenly across the seat and the floor. The Amazone seat strikes the best possible balance between the control and healthy posture of 'standing', and the comfort of 'sitting'.

Jumper

The Jumper has a wider seat, resulting in a slightly smaller hip angle than the Amazone. A larger part of your body weight rests on the seat. This gives the Jumper seat a more traditional sitting experience.



Four steps to making the right choice

3 Dynamic sitting

Balance

The Score Dental Balance mechanism ensures maximum comfort and optimal dynamic working posture. This adjustable mechanism enables the saddle to move subtly along with you for extra comfort and a beneficial effect on the muscles and spine (see page 7). The degree of movement can be adjusted by rotating the ring.



Tilting seat

Instead of the Balance mechanism, you can also choose a tilting seat where the angle of the seat can be adjusted forwards and backwards.

4 Extra support

Score Dental saddle stools can be equipped with a lumbar support. Its multifunctional shape provides light support for your lower back (lumbar area) while working in an active posture. In addition, you can also lean against it and stretch to relax your back for a moment.



The saddle version with tilting seat offers a lumbar support that is adjustable in both height and angle. With the Balance mechanism, the lumbar support can be adjusted in depth, and moves with the dynamic seat.

Choose the right saddle stool

Which height do I need? Guide based on physical height:

Amazone (narrower seat)	Adjustable seat angle with lumbar support / Balance with lumbar support	Fixed Seat angle / Adjustable seat angle without lumbar support
Low Seat height: 49-63	< 165 cm*	< 160 cm*
Standard Seat height: 59-77	160 - 185 cm*	155 - 180 cm*
High Seat height: 63-88	> 170 cm*	> 165 cm*

Jumper (wide seat)	Adjustable seat angle with lumbar support / Balance with lumbar support	Fixed Seat angle / Adjustable seat angle without lumbar support
Low Seat height: 49-63	< 170 cm*	< 165 cm*
Standard Seat height: 59-77	165 - 190 cm*	160 - 185 cm*
High Seat height: 63-88	> 175 cm*	> 170 cm*

* body length

TIP! Add a few cm to the height if you are wearing heels.

The figure below will help you choose the right seat shape for you.

Will you be sharing your saddle stool with colleagues?

... **Yes:** If you are going to share the saddle stool, the Amazone is most probably your best choice. It is preferred by 75 percent of all oral healthcare practitioners.

No:

... **Women** generally prefer the Amazone due to its narrower seat (83%). If you prefer a wider seat surface, choose the Jumper.

... **Men** of average height or smaller typically choose the Amazone because of its more active sitting posture (67%). If you prefer a more traditional sitting experience, choose the Jumper.

