

# Score Dental saddle stools

A 'seated stance' or 'standing sit'. In other words: sitting actively and relaxed in the ergonomically favourable posture. That is the philosophy behind the innovative Score Dental saddle stools. Today, it is the seating solution of choice for more than 35,000 dental professionals worldwide. The Score Dental saddle stool has three major advantages:



## 1 The natural upright sitting posture prevents back and neck injuries

Traditional dental stools facilitate only a limited hip angle. This makes it very tiring to keep your spine, neck and head in a favourable vertical alignment. Staying seated upright then simply costs too much muscle strength. The result is that after a while you will automatically slouch and even start working in a bent over position.

Score Dental saddle stools prevent this. The unique shape of the saddle, and the elevated sitting height open up the hip angle (up to 140 degrees) when your pelvis is tilted forward, automatically placing your spine, neck and head in a healthy vertical alignment ('neutral posture'; see below). You maintain a healthy standing-like posture, while also enjoying the beneficial stability and comfort of traditional sitting.

## 2 You can sit closer to the patient. No need to bend over as much

With a hip angle of 90 to 110 degrees, your legs are often in the way of you sitting close to your patient, so you bend your back more and put strain on it in order to gain a good view into the mouth. Adjusting the treatment chair higher is not a solution because then you have to lift your arms higher, unwantedly increasing the tension on your shoulders and neck. On a Score Dental saddle stool, you sit in an elevated position, with your upper legs oriented in a more downward and sideways direction (instead of forwards). This allows you to better position your legs under the treatment chair, allowing you to sit much closer to the patient. Moreover, you can move around your patient easily because your legs are somewhat spread and you can push off to left and right easily.

## 3 Your open posture ensures better concentration and increased energy

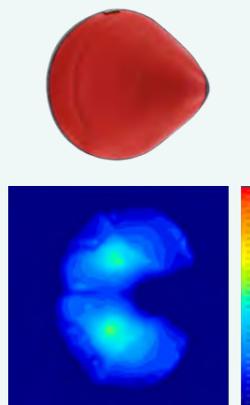
Prolonged static sitting on a traditional chair can lead to a dull or tingling feeling as blood vessels are often pinched.

The open posture, in which the ergonomic shape of the Score Dental saddle stool positions you, makes breathing easier, so that you take in more oxygen. In addition, digestion improves and blood circulation is optimised. The result? Better concentration, greater focus, and a more active posture helping you have more energy throughout the whole day so that you can help your patients better.



### Pressure measurement

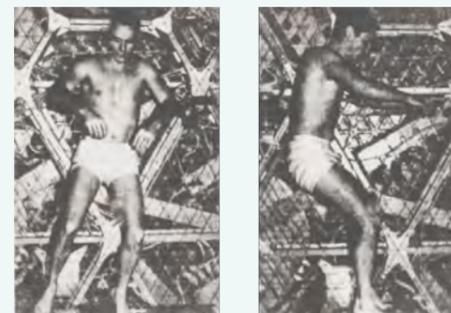
The pressure measurement shows a balanced distribution of weight for maximum comfort.



Optimum pressure distribution, male on Amazone Balance

### Neutral posture

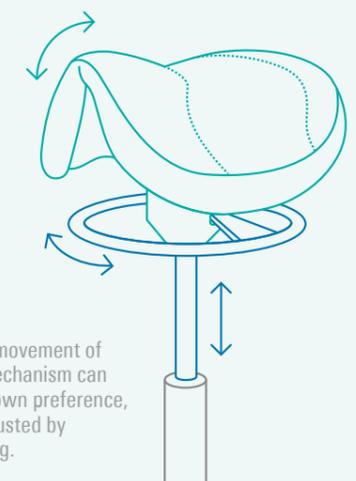
The crucial role of an 'open' hip angle has been demonstrated by researchers from NASA. In weightless conditions, all the joints assume their 'neutral posture'. Muscle groups are under equal strain. Sitting with an open hip angle is therefore healthier, and easier to maintain.



Source: 'NASA 1978'

## Dynamic sitting with Score Balance

The essence of healthy sitting is dynamic sitting. The uniquely adjustable Balance mechanism from Score Dental ensures that the saddle moves subtly along with your movements. These 'micro' movements of your pelvis ensure that muscle groups and intervertebral discs are not constantly under severe static strain. This prevents pain, helps you maintain your working posture longer, and exercises your core muscles.



The degree of movement of the Balance mechanism can be set to your own preference, and can be adjusted by rotating the ring.