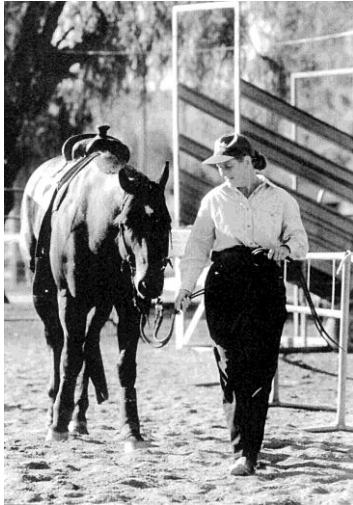


The Award-winning Bambach Saddle Seat



Mary Gale

The idea for the Bambach Saddle Seat came to Occupational Therapist and horsewoman Mary Gale in treating patients who could not sit unsupported on an ordinary seat or wheelchair. Mary found that the same patients could balance quite independently on horseback and assume a symmetrical position.

It occurred to Mary that if she could replicate the saddle position, where the spine is able to assume its natural curves, she would create an ideal seat for therapy as well as for task seating.

A review of literature showed work of Dr A. C. Mandel, who noted that the ideal sitting posture for the human spine is achieved on horseback. Other researchers also concluded that ordinary furniture removes the natural curves from the spine and places great stress on the spinal discs. Anecdotal reports from horse riders who suffered severe back pain on the ground, yet who gained marked relief when mounted in the saddle, were also noted.

Several years of experimentation resulted in the Bambach Saddle Seat, deceptively simple in design but incorporating refinements and features that permit sitting for extended periods without loss of a healthy spinal curve. The proof is that the Bambach Saddle Seat is enabling many people who suffer disabling back pain to return to work. The seat also offers the opportunity for normal adults and children to sit to work independently in correct posture and maintaining mobility, but it is especially valuable for many who are physically impaired.



NeoCon Silver Award
Design Excellence for
Desk/Workstation task Chairs



Winner ADEX Award
for Ergonomic Task Seating



AUSTRALIAN PHYSIOTHERAPY ASSOCIATION



Department of Defence



Australian
Government
Endorsed
Supplier
Supporting
Australian Business



Published papers on the Bambach Saddle Seat

T. Verkindere, C. Lacombe, and J. P. Lodter, 'Electromyographic study of the dynamic sitting position suitable for dentists', *L'information Dentaire*, Vol. 80 No. 12 (March 1998)

M. Gale, S. Feather, S. Jensen. G. Coster., 'A Multi Disciplinary Approach to the Design of a Work Seat to Preserve Lumbar Lordosis', *Australian Occupational Therapy Journal*, Vol. 36 No. 2 (June 1989)

Publication

Mary Gale, *The Seated Spine & The Bambach Saddle Seat*, Brookvale, NSW, 1997.

Research papers on the Bambach Saddle Seat have been presented at:

International Conference on Ergonomics Occupational Safety & Health & the Environment, Beijing, October 1988.

Third International Physiotherapy Congress, Hong Kong June, 1990.

The National Safety Council of Australia's Congress, 'Futuresafe', Adelaide, South Australia, May 1992.

'Tadsem', Cumberland College of Health Sciences, University of Sydney Campus, Australia, October 1992.

World Federation of Occupational Therapists Conference – The Scientific Programme Technology Seating Sessions, Imperial College, London, April 1994.

Research on the Bambach Saddle Seat has been exhibited via poster presentation at:

The World Federation of Occupational Therapists, Melbourne, Victoria, Australia, April 1990.

World Physiotherapy Congress, London, UK, September, 1990.

Unpublished papers on the Bambach Saddle Seat

A. Nicholls, Doctor of Chiropractic: 'Report; Physiological Evaluation of the Intact Column-Pelvis-Meningeal System Radiographic Outcome Findings'.

Prof. G. Schumpe, Graduate Physicist/Medical Practitioner: Biomechanical Study of Sitting on the 'Saddle Seat'.

M. Gale, S. Aldrich, S. Jensen, W. Gale, 'Comparison Study of a Saddle Seat with Conventional Office Work Seat'.



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Case Study no.23



Name
Sophie Delezio

Age
9 Years Old

Occupation
Primary School Student

Location
Sydney, New South Wales, Australia

Symptoms

Sophie was involved in an accident where she suffered third-degree burns to 85% of her body and was hospitalised for several months where she lost both her legs below the knee. Seven years on Sophie is a typical 9 year old girl with many hours spent at her school desk and home computer. The nature of her day to day life means the hours spent leaning forward either in her motorised chair were detrimental to her posture. As a result Sophie has a mild scoliosis, imbalanced muscle tone and poor posture.

Introduction of The Bambach Saddle Seat!

Sophie's Physiotherapist recommended The Bambach Saddle Seat, as she felt, among the other benefits the seat offered one of the most important issues for Sophie, would be to help her maintain correct posture. This is especially significant for Sophie as she already suffers from a mild Scoliosis of the spine.

The seat she has been trialling is a Small seat with backrest with a medium height gas stem, adjustable foot rest, mild braking friction castors and a washable sheepskin cover.

Result

On The Bambach Saddle Seat Sophie is able assume a sitting position allowing her pelvis to remain upright, which corrects the position of her spine. Over the few months spent seated in her Bambach, her muscle tone is more balanced, and her Scoliosis has decreased (almost gone). Sophie feels that she is less tired and has more energy at the end of the day. Her Physiotherapist feels that Sophie has improved her postural extension, and is pleased with the position in which her legs sit astride the seat which has improved external hip rotation.



visit www.bambach.com.au

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Sophie using a typical school seat, with disastrous results for her posture. Her spine and abdomen are collapsed, her legs dangle thus limiting her movement, her functional ability is extremely poor.



Sophie on a BSS, her postural deformities are corrected, her head, neck and shoulder position are improved. Her legs can easily rest on her footplate which allows greater stability for her body. She can pivot on the seat in all directions, eliminating trunk rotation. Her lungs and abdomen are open for better function



Sophie on a Bambach Saddle Seat, with her prothesis on allows her to be fully mobile. With the swivel on the seat she is able to self correct her position and alignment.