

Ergonomic Doctor's Stool



The “riding-style” body position on a Salli Saddle Chair® improves a doctor’s health and physical performance. Conventional sitting and standing postures are known to cause low back pain, shoulder tension, circulatory problems and joint disorders in the knees and hips. The Salli Saddle Chair® helps relieve and prevent these problems.

Salli enables the doctor to lean forward and turn, without stretching the back or neck into an unsafe position. Salli provides closer access and an improved view of the patient. A more natural arm position improves hand acuity and strength.

On a Salli, the wide angle position in the knees and hips facilitates superb mobility and active use of the lower extremities. Doctors can work more closely and efficiently together on Salli.

Health Benefits of the Salli Saddle Chair

- posture improves
- shoulders relax
- lower back strengthens and tones
- knee and hip stress decreases
- leg and foot circulation improves
- deeper inhalation increases oxygen supply and energy levels
- optional gap in the seat reduces peroneal pressures and improves ventilation
- relieves many painful conditions in the neck, back, shoulders, hips and legs.

In Scandinavia more than 50% of dentists use a saddle chair.





Why the Salli Saddle Chair?

- quick to mount / dismount
- closer access to the patient
- easy rolling between patient, instruments tables, and equipment
- effortless leaning forward, turning and reaching
- use of legs and back creates a training effect; core muscles get stronger
- improved spinal posture; intervertebral loads decrease and shoulders relax
- increased diaphragmatic excursion facilitates deeper, more efficient breathing.
- improved circulation to the lower extremities

Divided seat for better health

The two-part Salli seat is designed to relieve pressures, reduce heat buildup, and ventilate moisture away from sensitive genital tissues. This reduces discomfort from prostate and anal problems, and may aid in the prevention of genitourinary disorders in both men and women.



Salli Elbow Rest
For precision work.



Salli Surgeon
Foot operated seat height adjustment and arm support



Salli MultiAdjuster
Adjustable seat width for demanding users.



Salli Twin
Healthy divided seat for both men and women.



Salli Classic
The Original. Only for women if used full time.

The Original
Salli
System

Salli Systems, Finland
+358 10 2701 210
+358 10 2701 209 fax
www.salli.com

Back Designs, USA
(800) 466-1341
(415) 883-4551 fax
www.backdesigns.com

S
A
L
L
I

S
Y
S
T
E
M
S