

# Ergonomic Work Stool



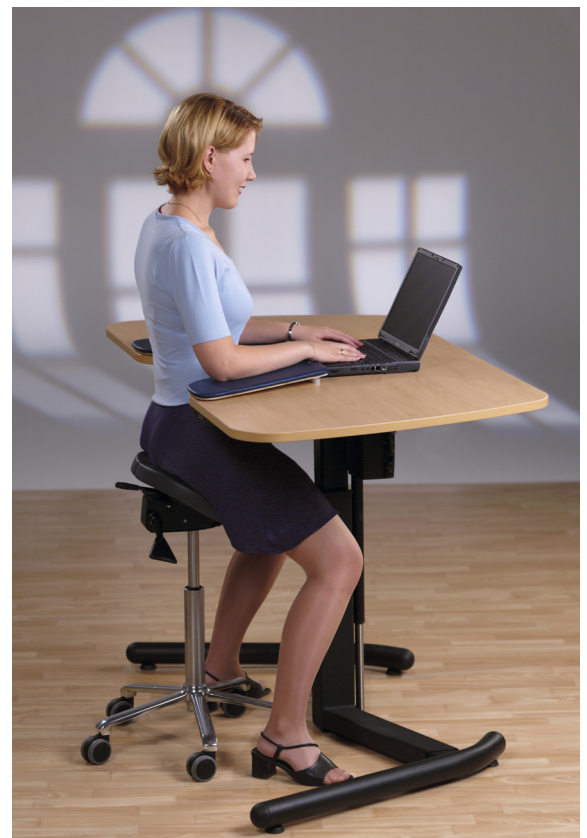
The “riding-style” body position on a Salli Saddle Chair® can improve your health and physical performance. Conventional sitting and standing postures are known to cause low back pain, shoulder tension, circulatory problems and joint disorders in the knees and hips. The Salli Saddle Chair® helps relieve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

Salli enables you to lean forward and turn, without stretching your back or neck into an unsafe position. Salli provides closer access and an improved view of your work. A more natural arm position can improve hand acuity and strength.

On a Salli, the wide angle position in the knees and hips facilitates superb mobility and active use of your legs.

## 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 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 helps prevent of genitourinary disorders
- relieves many painful conditions in the neck, back, shoulders, hips and legs.





## Traditional Sitting Problems

Sitting on a flat stool forces the spine into an unnatural C-shaped curve.

Unnatural spinal curvature increases stress on the discs which can lead to back and neck pain.

Maximum angle of the hips to the spine before causing undue stress is 60°. Sitting on a flat chair bends the hips at 90°.



## Salli Saddle; Perfect Posture

The special shape of the Salli Saddle Chair helps preserve your natural spinal curvature.

Maintaining the natural S-shape of the spine means the discs are not under undue pressure, helping prevent back and neck pain and other problems.

The hips are kept at the optimum 45° angle to the spine, so you can relax.



### Salli Classic

The Original. Only for women if used full time.



### Salli Twin

Healthy divided seat for both men and women.



### Salli MultiAdjuster

Adjustable seat width for demanding users.



### Salli Elbow Table

Mobile workstation.

The Original  
**Salli**  
System

Salli Systems, Finland  
+358 10 2701 210  
+358 10 2701 209 fax  
[www.salli.com](http://www.salli.com)

Back Designs, USA  
(800) 466-1341  
(415) 883-4551 fax  
[www.backdesigns.com](http://www.backdesigns.com)

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