

Salli Swing

Supreme rehabilitation for your lower back

SALLI
SIT HAPPY



Superior health impacts:

Rocks controllably
invigorates intervertebral disks,
stops you from seizing up

Activates your back
better muscle condition, increased blood flow

Follows your hip movements
comfortable when leaning

SITTING ON THE SWING IS FUN!

**Revolutionary improvement:
Rocking seat**



Salli Swing



Additional benefits of Salli chairs

Improved work efficiency:

Sitting works better – increased stamina
Deeper breathing – improved alertness
Easy rolling and reaching – moving is faster

Reduced pains:

Shoulders relax and tensions ease up
Lower back pains diminish
Knee and hip joints feel better

Recovered health:

Quick rehabilitation of the back
Less circulatory dysfunctions of the lower limbs
Lowered risk of knee and hip problems
Two-parted seat better for genital health



Problematic traditional sitting



Problem-free Salli sitting

SALLI SYSTEMS

For more information on healthy sitting, visit: WWW.SALLI.COM

Salli Swing effectively activates your lower back and pelvic floor muscles

Reasons behind lower back pain:

1. Wrong type of load on the intervertebral disks and ligaments

When people sit traditionally with their backs rounded, the vertebrae of the lower back are "open". In this case the space between the vertebrae is wedge-shaped, and the pressure caused by the disk between the vertebrae is mainly directed on the spinal nerve. As time goes by, this pressure causes a bulge, which typically inflicts pain on the lower back. The bulge presses on the nerve and can rupture to become a herniation of the intervertebral disk, also known as a slipped disk. This causes severe pain and can render a person unable to either sit or work.

2. Weakened blood circulation

When people sit with their backs rounded, the muscles stretch and tighten up. This weakens the blood circulation and deteriorates the condition of the lower back. Circulation in the muscles needs to be maintained, as the disks and ligaments do not have a circulatory system of their own and it is also weak in the vertebrae. Oxygen and nutrients seep from the blood circulation into the different tissues of the spine. Weakening of the blood circulation speeds up the deterioration of the back and increases the emergence of different ailments.

Salli Swing chair helps the sitter to find the right posture, where the ligaments of the vertebrae do not get stretched or the disks compressed. In addition, the rocking seat of the Swing conforms to the movements of the lower back and increases the blood circulation even more than a regular saddle chair.



Rehabilitation of the pelvic floor muscles

One third of working age women suffers from ailments caused by weak pelvic floor muscles. These difficulties have to do with bowel function, incontinence and sex life. Deterioration of the pelvic floor muscles is most commonly caused by childbirth, overweight and lack of exercise.

Salli Swing activates the pelvic floor muscles. The upright sitting position and specifically the easy and pleasant reaching movements done by sloping downwards over the supporting leg activate and strengthen the pelvic floor muscles. It is worthwhile to use Salli to support other pelvic floor exercises.



Salli Swing

Rocking seat



A1 or A2 quality leather (16 colours).
Height adjustment with gas spring,
colour for gas spring and base either
black or chrome.

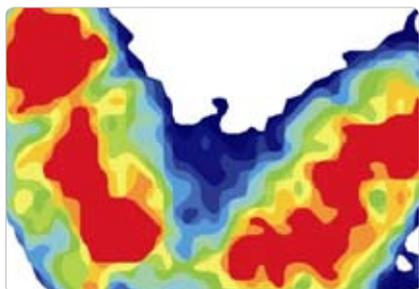
Salli SwingFit

Width adjustable rocking seat

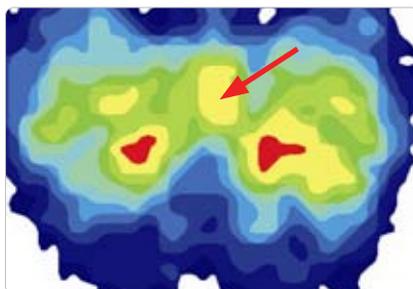


Research results on sitting pressure

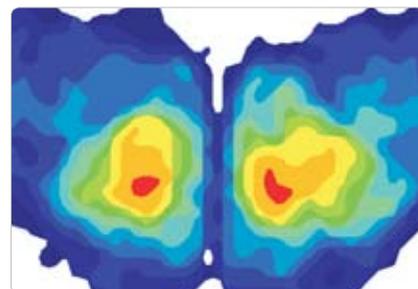
On a traditional chair the pressure and high temperature underneath the hip and thighs are health hazards in many ways. Sitting on a two-part saddle seat decreases the compression on the nerves and blood vessels. Using the hip becomes more active and pleasant as the pressure is safely on the sitting bones and the seat's pressure on the delicate soft tissues is noticeably smaller. The two-part Salli seat lowers the risk to male genital health most commonly known from the world of cycling, and decreases the occurrence of genital infections on women. The two-part structure of the seat is essential for the basis of good sitting posture.



Traditional office chair: harmful pressure on the thigh and buttock muscles.



Solid saddle seat: harmful pressure on the genitals.



Divided saddle seat: pressure correctly on the sitting bones.