

## Ergonomic Two-Part Split Saddle Seats

Salli Split Saddle Dental Seats are designed to improve and maintain a comfortable, correct and healthy sitting posture, so important for the dental professional. The Salli Saddle Seat improves conditions for male and female health compared to conventional seating and one-part saddle seats by eliminating the harmful effects of pressure in sensitive areas.



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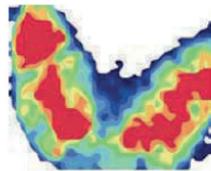
### Split Saddle for Personal Health

As a saddle seat, the Salli range encourages the spine into a natural, healthy position. Unique Salli benefits, due to the split saddle, include the relief of pressure on sensitive areas in the groin and pelvic area, which are of significant importance for male and female reproductive health.

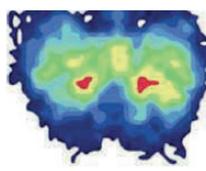


#### COMPARATIVE PRESSURE MAPS

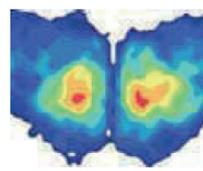
These Pressure Map images show clearly the effects of pressure between different seating types and illustrates clearly the advantages of the split saddle design.



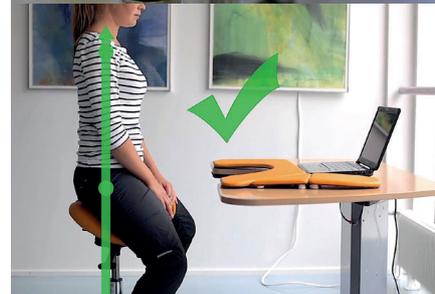
Traditional chair:  
Harmful pressure on all of buttocks, thighs and genitals



One-part saddle chair: Damaging pressure on genitals



Two-part Salli Saddle chair: The pressure is safely resting on the sitting bones



# SALLI SADDLE USER GUIDE

## SALLI'S POSITIVE EFFECTS ON YOUR BODY

Your sitting-related ailments have taken years or even decades to develop. The new ergonomics will start the positive change in your body immediately, but the deeper and wider impacts take time. However, you will notice the first positive effects already after two weeks.

## SITTING DOWN ON SALLI

Before you sit down, make sure that the chair is not too high for you. The chair should be lower than your pelvis. If the chair is too high, lift up the lever and at the same time press down hard on the seat with your elbow. Once the seat is at the correct height, release the lever.

Stand beside the chair and lift one foot up over the back of the chair to the other side (Picture) and sit down. You may want to hold onto the chair with your hand while sitting down. This way the chair will not roll away from you and you will find the right sitting position easily.



Figure 1



Figure 2

## WARNING!

Do not sit down on the chair the traditional way, i.e. from in front of the chair with your buttocks foremost. The chair might slide away and you might fall. You will also end up in the wrong sitting position on the front edge of the chair.

Make sure that you don't accidentally move the chair away when you lift your foot over it.

Salli Saddle Chairs are higher than traditional chairs.



## CORRECT SITTING POSITION AND SEAT HEIGHT

In the optimal sitting position the angle between your thighs and upper body is about 135 degrees and your heels are positioned almost directly under your hip joints. In this position your pelvis will tilt forward so that your lower back forms a natural curve, and your upper back will straighten. Legs should be relaxed, not hanging in the air, and feet should rest on the floor. Thighs should be relaxed against the chair, forming a 90 degree angle relative to each other.

On average, on a saddle chair one sits about 25–40 cm (10"–16") higher than customary. To find your optimal sitting position and seat height, do the following: Raise the seat so high that your feet hang in the air. Relax and let your thighs and pelvis stretch for 1–2 minutes. Let gravity do the stretching for you. Then slowly lower the chair with the lever until your heels touch the floor.

In the right position the buttocks and the back edge of the chair are level with each other. Sitting too far in the front diminishes both comfort and sitting health.



Figure 3

## NOTE!

The sitting position on a Salli Saddle Chair differs from the traditional chair. Instead of passively sitting in one position, the user's muscles and body work actively. This means that saddle chair sitting often demands some getting used to. Starting to use the Salli Saddle Chair is like starting a new sport – in the beginning your muscles and tissues can get sore. The sitting bones carry the weight of the upper body, which might cause your buttocks to feel sore in the beginning. Some people get used to the new sitting position in just one day, some take a little time to get used to it.

**Having found your correct sitting position you will need to raise the operating height for working on your patient accordingly. Remember that when you sit on the Salli you will be sitting 25-40cm higher.**



Figure 4

### MOVING AROUND WITH SALLI

You can easily move sideways by pushing with one foot and pulling with the other (Picture). Place things you need around in such a way that you need to roll and reach to different heights; this is good from the point of view of sitting health, because moving activates muscles and metabolism. Instructions for easy and efficient exercises are available at Salli Systems and on [www.salli.com](http://www.salli.com).

#### Notice!

Hard floors offer less resistance and shoes with good grip make moving around with Salli easy, giving you full control of the chair.

### SADDLE CHAIR ADJUSTMENT

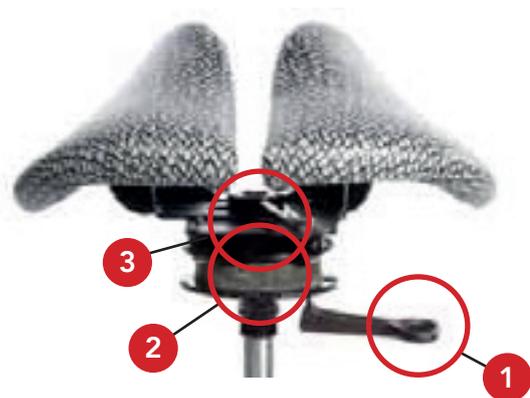
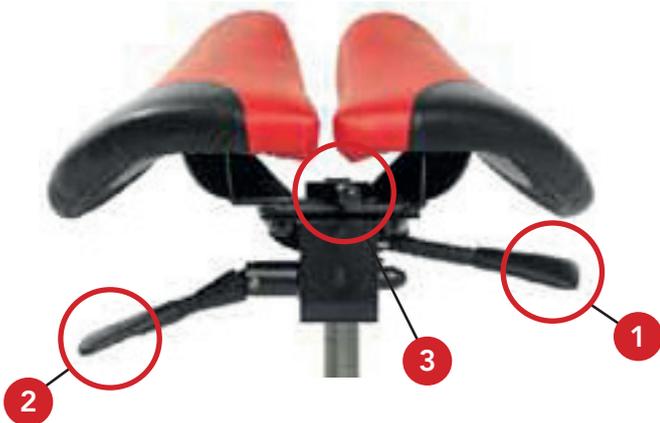
Depending on the model, your Salli Saddle Chair is equipped with one or more of the following adjustments:

As seen from behind the chair:

1. Height adjustment (all models)
2. Inclination adjustment \*
3. Seat width adjustment (MultiAdjuster)

As seen from behind the chair:

1. Height adjustment (all models)
2. Swinging mechanism (cannot be locked into any specific position)
3. Seat width adjustment (SwingFit)



\* Inclination adjustment: MultiAdjuster; Classic and Twin seats are available both with or without inclination adjustment; Salli Professional always without inclination.

**See overleaf for informative Specialist Article on the benefits of Salli Saddles in Postural Health**

### HEALTHY SITTING TIPS

- Remember to adjust the operating height according to the instructions above.
- Any discomfort and aches you may feel in the beginning is your body getting used to a new sitting position, using previously unworked postural muscles.
- Learn to use the chair as a tool and learn to use your body while sitting.
- Remember to take breaks.
- Sit high enough and with your buttocks in line with the back of the seat (See Figure 3)

After the introductory phase, sitting on a correctly adjusted Salli Saddle is amazingly comfortable!

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