

Sit pretty through pregnancy

Pregnancy can put a great deal of stress on the female anatomy and this is particularly true for a dental professional in everyday practice. Occupational therapist Mary Gale explains why considering an alternative to conventional seating can make all the difference

A baby growing within the womb appears to have little concern for either its mother's comfort or her ability to balance or move around easily.

As the weight and size of the abdomen increases, the pelvis tilts or rotates forward to allow the spine to hyperextend for the change in the centre of gravity. The anti-gravity muscles must now work very hard and the mother has to function in a position of severe bio-mechanical disadvantage.

In addition, the natural hormonal increases during pregnancy cause relaxation of the tissues and ligaments of the abdomen so that the uterus and abdomen can expand to accommodate the baby.

This increases the hyperextended posture. This position can cause muscle spasm in the lower back and pain from strained pelvic ligaments. Rotational movements in particular put great stress on pelvic ligaments, often resulting in pain. This pain can become worse when she sits down to rest or work. With conventional seating the chest and abdomen are compressed, decreasing their ability to function normally, let alone comfortably.

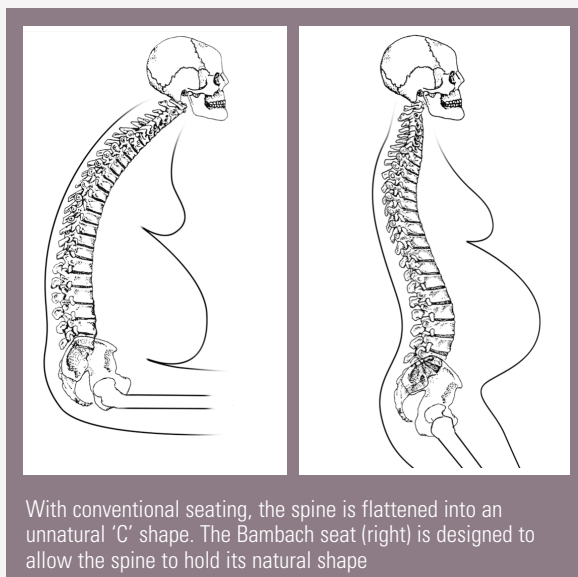
How can the Bambach Seat help?

While standing, the spine has three natural curves and provides excellent balance and mobility. When sitting on a conventional seat, the spine is flattened into an unnatural position or 'C' shape. When leaning forward to work, the curve is even further displaced. This results in stress not only placed on the spinal discs, but also on the soft tissue around the spine. This can cause damage over time.

The Bambach Seat is very different from a conventional seat. It is designed to reproduce the position you hold when you stand. The specially designed shape holds the pelvis in its natural upright position, allowing the spine to follow its natural curves. You can therefore sit with a balanced posture, yet have maximum mobility and function.

How it works

With conventional seating, the spine is 'collapsed'. To correct this, the spine must be restored to its natural, upright position. It may not be totally possible to restore 'normal' curves during pregnancy, but the spinal arrangement can be greatly improved, thus alleviating pain and discomfort. Using the Bambach seat will reduce excessive back extension.



The Bambach seat eliminates rotational movements through its swivel action. It provides easy movement around the workplace, allowing the sitter to use the feet rather than pull herself around with her hands. This will also encourage activity of the foot and leg muscles, avoiding swelling.

This seat is seen by physiotherapists and occupational therapists as ideal for seated work and has been embraced by dentists worldwide as the ideal dental stool. In pregnancy the body is under even more stress, which can be greatly relieved by using the Bambach seat.

The Bambach seat has been endorsed by the Australian Physiotherapy Association as a seat which:

- Assists in maintaining natural spinal curves
- Helps to prevent muscular skeletal disorders
- Helps reduce neck and shoulder pain
- Encourages an upright posture.

This could be the answer for dental practitioners who want to continue their work into their pregnancy. ■

For more information on Bambach, call 0800 581108, email info@bambach.co.uk or visit www.bambach.co.uk