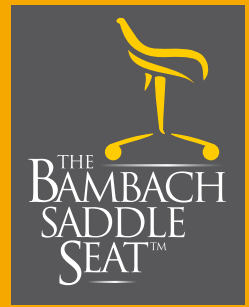


The Bambach Saddle Seat...

Making life easier for people with MS



***“Due to MS, I have no balance and cannot stand unaided,
but I can sit on my Bambach Saddle Seat alone and unsupported.”***

Elaine Hawkings. MS Patient.



Making life easier can be as simple as sitting on a Bambach Saddle Seat

Can a seat really make that much difference?
The answer is: it all depends on the seat...

Originally developed for children with Special Needs, the Bambach Saddle Seat can have an immediate effect on your symptoms of MS, and on your ability to lead as normal a life as possible.

The key to the Saddle Seat's effectiveness is the way it allows you to sit, completely naturally and comfortably, in the best possible posture for your spine.

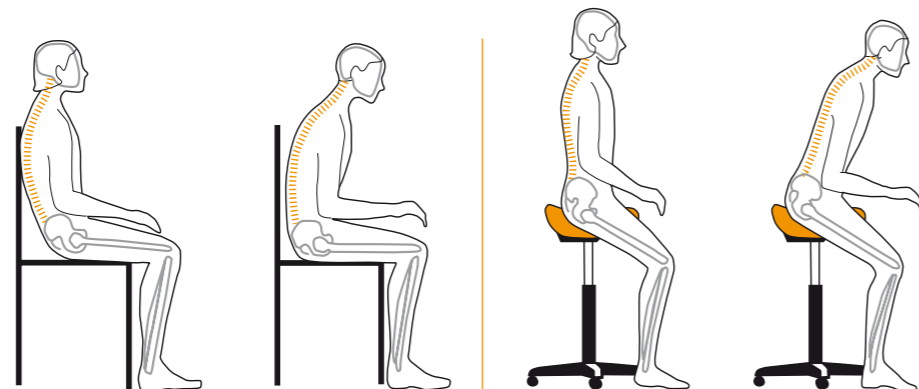
This then has a knock-on effect in reducing fatigue and easing tension in your muscles, which can help to reduce spasm and spasticity, and calm tremor. Yet all you have to do to achieve these results is sit down!

Perfect posture, naturally

The most relaxed position for your spine is the natural 'S' curve it adopts when you stand up. However, when we sit down on ordinary chairs, most of us slump and let our spine form a 'C' shaped curve instead.

This might feel easy and comfortable at first, but it soon leads to spinal stress and muscle strain, even for someone without MS. When you suffer from MS, this is just one more stress that your body could do without, and it only increases your fatigue and other muscular-related problems.

But when you sit on the Bambach Saddle Seat, its shape naturally positions your pelvis so that your spine, in turn, stays in its preferred 'S' curve. Which means less stress on your spine, less strain on your muscles and less of the associated difficulties.



Using a conventional seat or stool

When you are fatigued, you are probably sitting on a conventional stool or even a perching stool. The diagrams above show how your spine quickly deforms into a 'C' shape producing compression on the thorax and abdomen, restricting the function of the lungs and abdomen and adversely affecting muscles in your neck, limbs and hands, compounding your symptoms of MS. The situation worsens when you lean forward.

Sitting on a Bambach Saddle seat

The key to the Bambach Saddle Seat's effectiveness is the way it allows you to sit, completely naturally and comfortably, stabilising the pelvis in a neutral, upright position, resulting in the best possible posture for your spine. EVEN when you're leaning forward to carry out daily tasks. This then has a knock-on effect in reducing fatigue and easing tension in your muscles, which can help to reduce spasm and spasticity, and calm tremor.

Amongst the many problems MS can bring, the one which new sufferers often notice the most is the loss of their independence.

This can be as a result of increased fatigue – which makes it difficult to carry out even everyday tasks – or due to muscle spasm, spasticity, or tremor (ataxia), which again affect the ability to do simple activities previously taken for granted.

Fortunately, the Bambach Saddle Seat can provide a solution, relieving some of the symptoms of MS and making it possible for you to be independent once again.



Don't add unnecessary strains

Using a conventional stool or perching stool to help cope with the symptoms of MS can allow your spine to collapse into an unnatural 'C' shape curve adversely affecting your whole body.



The Bambach can improve your quality of life

It stabilises your pelvis allowing your spine to stay naturally, effortlessly, upright and 'S' shaped. This supported standing position has a knock-on effect of easing tension in your muscles and reducing fatigue and other symptoms of MS.

Living with The Bambach Saddle Seat

Living with MS can force you to make changes in your life and to lose your independence in many areas. Living with the Bambach Saddle Seat can restore your independence, and could help you to lead a life very much like you did before you were affected by MS.

For example, an important factor in many problems associated with MS is fatigue. But if you use the Bambach Saddle Seat in your daily life, you'll find you are less tired, and therefore able to do more.

The stability, height and easy manoeuvrability of the Bambach Saddle Seat mean you can use it at times and in places when you might otherwise stand and quickly become tired. So it's ideal for:

- personal grooming
- food preparation
- household tasks
- computer use
- and many other jobs and activities at home or work

Of course, with MS, even sitting can often be tiring. But again, this can simply be due to the difficulty of maintaining the best posture to keep your muscles relaxed in an ordinary chair.

Sit on the Bambach Saddle Seat, on the other hand, at the meal table, or at your desk, and you'll find you sit better without even trying, and your strength, energy and muscle control will all benefit as a result.

How the Bambach Saddle Seat works

- Allows your spine to adopt its natural stress-free 'S' shape
- Reduces stress and strain on muscles, which can be a knock-on effect of poor posture
- Helps to reduce spasms, spasticity and tremor (ataxia)
- Reduces fatigue by relaxing muscles

How the Bambach Saddle Seat can improve your quality of life with MS

- Helps you overcome some symptoms of MS
- Lets you carry out everyday activities at home or work
- Enables you to do more, for longer
- Helps you retain your independence



A traditional perching stool



A Bambach Saddle seat

A Bambach Saddle Seat can have an immediate effect on your MS symptoms and on your ability to lead as normal a life as possible



“My physio recommended a Bambach Saddle Seat because I was sitting in a slouched position and walking with round shoulders.”

The Bambach is the original and only saddle seat available in a range of sizes and heights to ensure a perfect fit

The Bambach is the only saddle seat available in a range of sizes enabling us to create your seat to suit your particular requirements.

All Bambach Saddle Seats come with adjustable seat tilt to give optimum balanced position to suit your working habits, high density padding for all day comfort, a choice of pure new wool, or easy clean vinyl covering, or sumptuous leather for an added touch of luxury.

It's available in a choice of colours to suit any home or work environment and has a host of options, including a locking mechanism to stop the seat moving, as shown here.

**FREE
ASSESSMENT
AND
14 DAY
TRIAL**



Free assessment and 14 day trial

So you can prove for yourself how effective the Bambach Saddle Seat can be, we would like to offer you:

A FREE, NO OBLIGATION, EXPERT, ON-SITE ASSESSMENT at your home or work, to demonstrate the seat and determine the best possible configuration of the many sizes and options available.

A FREE, 14 DAY, NO OBLIGATION TRIAL of the Bambach Saddle Seat.

To arrange your free assessment and 14 day trial and experience how the Bambach Saddle Seat can relieve your symptoms and make sure you continue to live life as normal, simply complete and return the enclosed Order Form, or call us free on 0800 581 108, and we'll do the rest.



Endorsed by the Australian Physiotherapy Association to help prevent musculoskeletal disorders

Just call **0800 731 7831** and ask for your free assessment and a free 14 day trial to see how effective this seat can be. Visit our website at www.bambach.co.uk

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