

# Case Study



## Name:

Julie Gray

## Occupation:

Senior Pharmacy Technician

## Royal Shrewsbury Hospital

I work on the wards seeing new patients taking drug histories, counselling patients and assessing their medication for use within the ward. I also manage a team of Pharmacy Technicians



## How did you find out about The Bambach Saddle Seat?

I first heard about the Bambach through the Trusts Manual Handling Advisor.

## What made you try the Bambach?

I had been suffering from extreme lower back and sacral pain and had to receive Physiotherapy on a regular basis. I had also had significant periods off with work with my back pain and on one occasion I was off for 8 weeks. My physiotherapist recommended that I try to carry out my daily tasks sitting, rather than standing. When I approached my Manual Handling Advisor he recommended I try a Bambach seat that they had on long term loan in their department.

## Has using the Bambach addressed the problems you wanted to overcome?

I have been using my Bambach for approximately 2 years. Since using my Bambach my back has been fine and I have not needed to take any time off work.

## Comments

I no longer need to pay for Physiotherapy treatment which is a bonus. I have also developed thighs of steel!

## Would you recommend The Bambach Saddle Seat to fellow professionals?

The Bambach seat does take a bit of getting used to but now I find it really comfortable, I would definitely recommend this seat to other professionals.

Visit [www.bambach.co.uk/healthcare](http://www.bambach.co.uk/healthcare)

**The Bambach Saddle Seat (Europe) Ltd**

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