



OPTIMUM SEATING WEDGE

THE WEDGE STORY

A unique product inspired by the collaboration of Dr Anikó Ball and Karyn Chapman, the Optimum Seating Wedge is the result of a desire to provide good seating for the dental profession and anyone who works in a prolonged seated posture.

A firm forward sloping seat encourages sitting on the sit bones, the anatomical weight bearers for sitting, thus allowing the length and the natural curves of the spine to be maintained. The knees being lower than the hip joints facilitates optimal forward bending posture and movement patterns.

Unfortunately most chairs and couches are too soft, many even sloping backwards, resulting in a slumped posture, reversed lumbar curve and chronic back pain. Karyn's seating designs and improved firm wedges, have saved many backs in Australia.

The Optimum Seating Wedge is suitable for most dental stools, as well as chairs and couches in the office and at home.

THE OPTIMUM SEATING WEDGE OFFERS:

- Firm support
- Reduced spinal compression
- Muscle ease
- Allows the hip joints to be higher than the knees

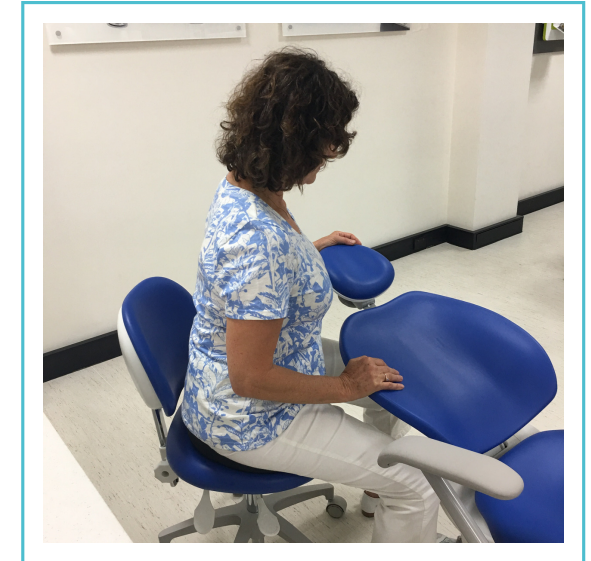
This firm, forward sloping, non-slip vinyl covered wedge used on top of a chair, stool or couch creates optimum seating.

The OPTIMUM SEATING WEDGE is highly beneficial for postures which require prolonged forward movement such as dentistry, as well as in the office and at home, by facilitating forward bending at the hip joints rather than distorting the spine.

What's wrong with modern seating?

The natural elongated S - shape of the spine is compromised by soft and backward sloping chairs, couches, dental stools, car seats and office chairs, resulting in a slumped posture.

When you sit in a slumped posture you create an incorrect loading through your pelvis, the back muscles switch off and the lumbar curve is reversed. Long periods spent in such spinal compression result in neck and back problems.



Why firm forward sloping seating works?

Firm forward sloping seating corrects the lumbar curve and allows the weight to fall through the sit bones, the anatomical weight bearers for sitting.

The OPTIMUM SEATING WEDGE offers improved sitting conditions for the user because the muscular effort required to maintain upright posture is greatly reduced.