

# Isis Saddle

## INFORMATION SHEET

### The Isis Saddle – Square and Round

The Isis Saddle is fitted with gaslift height adjustment and a seat tilt mechanism. The standard sitting height is 500 to 700 mm with optional higher or lower models available.

An optional backrest is also available

Although principally a matter of design and aesthetics, the Square Saddle does offer a larger seat area and increased thigh support.



- Improves posture and strengthens back muscles
- Improves blood circulation in the legs
- Reduces back and shoulder aches
- Provides a mobile body position



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### Why use the Saddle ?

Designed for operators who suffer from back problems already or for those people whose work demands mobility but are in a constant standing or semi-sitting position.

The Saddle provides a seating solution while allowing full upper body movements, for example for people whose work involves a lot of reaching and who use their hands principally in their works.

The design of the Saddle is such that it enables the user to position their body in the standing position and therefore benefit from keeping the natural shape of the back, while providing a seating solution. Thus the pelvis is held in an upright position allowing a balanced posture while providing a mobility that would not otherwise be possible.

### How to use the Saddle ?

Getting used to sitting on a saddle will take time. Unless you are an experienced horserider or motorcyclist for example, it will take time for your body to adjust as most of us have poor posture from sitting incorrectly. It may be necessary to build up over some time using the product, starting by sitting for one hour a day and gradually building up until the abdominal and back muscles have adapted to their new stretched positions.

The angle of tilt of the seat should be adjusted to suit the comfort of the user. A slight adjustment to the angle may considerably alter the comfort and pressure balance of the spine and abdomen.

### Benefits of the Saddle

The sitting position created by the Saddle is the natural resting position for the body and therefore allows the spine to carry the body weight in a more comfortable way.

Whereas historically it was believed that an upright sitting position was the most beneficial with the hip, knees and ankles all at right angles, it is now generally recognised that this position usually results in fatigue, discomfort and poor posture.

A seat that provides a forward tilt angle generally encourages a person's natural posture. It provides a balance for opposing muscle groups and preserves the lumbar curve enabling the back to remain straight, the joint angles open and muscles relaxed. This position also provides a greater degree of mobility and relieves any pressure on the lungs and stomach

