

Opinions of physicians

prof. dr. sci. Janko Popovič

dr. med. - orthopaedist

The construction idea of a chair with a movable seat seems to me to be extremely important for the cause of prevention of degenerative processes of intervertebral discs. As a result of the constant movements of the sitting surface the back muscles have to move as well. Thus the spinal column and the intervertebral discs are not strained onesidedly, but the burden is being evenly spread over the entire intervertebral space. I recommend such a chair as a prevention of spinal column problems to all who have already an injured spinal column or suffer from back pain or pain in the loins and other parts of the spinal column, yet in particular to those who have to sit a lot, especially on their workplace. I think this represents a significant preventive measure for the reduction of problems with the spinal column.

Dr. Med. oftalmolog Dušan Pušnik

dr. med. - ophthalmologist

I am using the movable chair SpinaliS at my work in the eye clinic and during eye surgeries. During my work in the clinic I perform many moves which are especially strainful for the spinal column in the loin area. The high agility of this chair enables the seat to follow the movements of the spinal column. In this way the chair disburdens the strain in the small of the back and distributes it evenly. My experience with the SpinaliS chair is that it provides indirectly a strengthening of the back muscles and at the same time represents a relaxing exercise during many hours of sitting.

The high agility of the seat adapts its position to my body during surgery sessions and facilitates my access to the surgery area.

My assistants are using the SpinaliS chair too and are as well having a very positive opinion about it. While sitting on it they are constantly forced to activate the whole spinal column and all back muscles. Thus the back muscles are being strengthened in spite of the long sitting, the spinal column is constantly moving and is thus indirectly performing relaxing exercises.

Majda Anžin

Physiotherapist, health resort Laško

During the last decade the industry has produced all kinds of chairs (kleki, gugu chair) and auxiliary devices (therapeutic ball, wedged pillow) to enable us to sit longer without pain. We have frequently to interrupt our sitting and change our sitting posture. These long sitting sessions occur for example when we are listening or watching (in that case our back is leaning on the rest and the sitting surface is leaned backwards) or writing (our back moves away from the backrest and the sitting surface is leaned forwards). The pelvis plays an important role in the sitting process because with its every leaning the position of the spinal column changes too. Therefore we have to take care of the strong body muscles which can ensure that the

distance between the pubic bone and the breastbone remains always the same (during all types of sitting) — we are not to allow this distance to shorten for example by bending our spinal column as a result of getting tired.

The sitting ball as well as the SpinaliS chair make a constant moving of the pelvis possible, which is extremely important, because a proper posture of the pelvis and the spinal column influences our breathing and digestion, strengthens the muscles of the pelvis bottom and furthers a proper body posture and body balance.

Prim. Dr. Med. Janez Tasič,

dr. med., spec. internal specialist - cardiologist

Our society is becoming more and more a sitting one. Our children sit in school as well as at home. They sit while doing their homework, they sit for several hours in front of the computer and the TV. The same applies to adults and aged people. Thus we are slowly abandoning an active body formation.

If we want to feel comfortable during sitting we have to strengthen those muscles which are supporting the spinal column. We also have to support both natural curves of the spinal column. To achieve this it is important to sit in a proper way — which means at the same time to sit actively. Especially firstgraders indulge during extensive sitting in an improper posture. Years of such sitting habits also develop a constant improper body posture. And there we have the danger of becoming one of many patients with a damaged spinal column. It is being now for a considerable number of years recommended to sit on large elastic balls. Sitting on such a ball activates the body to seek and maintain an equipoise. This process again is strengthening the before mentioned muscles. The constant movements, which are inevitable when sitting on this chair, strengthen the back muscles. At the same time the vertebrae and the intervertebral discs are evenly burdened. The active sitting prevents injuries. I recommend this chair to all persons who have to sit for long hours, especially if they have to sit in an incorrect and unnatural body posture.

Dr. Donald J. Hopkins

American chiropractor specialized in spinal column treatment

The chair has an ergonomic form which corrects an incorrect body posture. It is perfect for people who are sitting the whole day on their workplace. It supports the spinal column and improves the body posture which is indispensable for people with back pain. **TRY THIS CHAIR, YOUR SPINAL COLUMN WILL BE GRATEFUL TO YOU.**

Prof. Dr. Sc. Stjepan Gamulin

Profesor Emeritus

The SpinaliS chair is an excellent ergonomically designed solution. During a centered working posture the seat (which is placed on a spring) demands a constant adapting of the paravertebral muscles, of keeping the equilibrium and thus of an upright body posture, which

at the same implies a permanent activity of the paravertebral muscles. Sitting in a backward position (resting position) is providing the most ergonomic solution of sitting in a resting position.

From personal experience I can confirm the huge advantages of the SpinaliS chair compared to other work chairs. I suffer already for thirty years from pain in the back. In the last 12 years I had three major episodes of lumboschialgia which I treated with physiotherapy and with constant exercising. Half a year ago after such a last episode I decided to undergo disc surgery. Yet since I have started to use SpinaliS (which is now for five months already) I have no more pain in my lower back, which I earlier used to get after extensive sitting. Thus, according to my expertise as well as my own experience, I recommend the SpinaliS chair to every person who is suffering from back pain and I recommend it as a preventive measure to all those who are during their work exposed to extensive sitting ...

Irena Logonder

speech therapist

THE MOVABLE WORK CHAIR by the manufacturer HAM satisfies ideally the need of children for motion even during a treatment session. It makes possible a constantly active and proper body posture, which represents a desired vantage point for a better speech-motoric and thus for a more successful speech therapeutic treatment.