



# sit healthy, work comfortable

As an oral healthcare professional, you don't have to put yourself in strange postures to treat your patients. Score Dental brings you the best choices to sit healthy and work comfortable.

# Score Dental: sit healthy and work comfortable

desk & reception  
PAGE: 14



working with microscope  
PAGE: 11



dental laboratory  
PAGE: 13



dentist & dental hygienist  
PAGE: 10



assistant  
PAGE: 12



## 30% of oral healthcare professionals retire early because of back and neck injuries...

Research shows that 70% of oral healthcare professionals regularly experience musculoskeletal pains. The cause is clear: as an oral healthcare professional, you often put yourself in all sorts of strange

postures to do your job properly. This leads to increased – and often static – muscular tension and extra pressure on the vulnerable parts of the vertebrae in your back and neck. With all the consequences this brings.

## ...with Score Dental, you can sit healthy and work comfortable

With our ergonomic seating solutions – from saddle stools to office chairs – Score Dental supports you in sitting healthy and working comfortable. So that you have energy left at the end of the working day, and are able to reach retirement without injuries caused by poor working postures.

Our R&D department has been conducting research into the daily routine in dental practices for decades. Based on these insights, we develop seating solutions that are already enabling over 100,000 dental professionals in more than 50 countries to work healthy and comfortable. A fact we are proud of!

1977 Score founded

1994 Development of the first professional dental operator stool in collaboration with the Faculty of Dentistry at the University of Groningen.

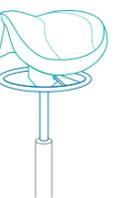


1998 Expansion of production capacity with new facilities.

1999 Launch of the revolutionary Score saddle stool.



2010 Development of the innovative Balance mechanism for dynamic sitting.



2015 Score Dental division established for further specialisation.

2016 Large-scale ergonomics research among more than 50 practices and laboratories.

2018 Score Dental products are available at specialised partners in more than 50 countries. Over 100,000 dental professionals around the world have now chosen for Score Dental seating solutions.



# How to sit healthy?

## Tips to avoid harmful and uncomfortable postures

### Sitting properly means sitting actively and upright

Sit upright in an active posture: push your chest out, and minimize the static stress on your muscles (also refer to the tip about tilting your pelvis). Then adjust the treatment chair to the correct height. Adopt a relaxed posture that allows a perpendicular gaze over your work field. If needed, tilt the patient's head to get a direct view into the mouth.



### Work dynamically

Avoid working in a static tensed posture for too long. Try to move and relax as much as possible during the treatment.



### Stand up!

Avoid sitting down for long periods, and aim to get up and move about at regular intervals during the working day. Tip! Call your patients from the waiting room yourself, and position your computer workstation at standing height.

### Stay fit

Strengthen your muscles through regular exercise. This will allow you to maintain a good posture for longer periods of time, and repair stressed muscles faster.



We have listed these tips based on our extensive practical insights, and our collaboration with ergonomic experts from a number of universities. They help you to sit healthy and work comfortable. You can get started with these tips right away!



## Tilt your pelvis for optimal back posture

The angle between your upper body and thigh (this is the hip angle) should be at least 110 degrees, so that your pelvis is tilted forward. Tilting your pelvis in this way means your spine retains most of the natural S-shape.

### Neutral posture

An open hip angle of 135 degrees is optimal. This so-called 'neutral posture' minimizes the strain on your muscles and spinal column. You can read more about this on the next page.



Do not adopt harmful postures. Try to alternate your posture within the following limits:

### Head

Your head is heavy (weighing 4.5 kilos on average), and therefore puts great strain on your vertebrae and muscles whenever you bend it. Don't bend your head forward by more than 20 degrees. Always avoid tilting your head sideways.

### Upper body

Bend your upper body forward from your hip joint by a maximum of 10 degrees. Always avoid bending sideways (laterally), and twisting your upper body.

### Upper arms

When possible, rest your elbows and upper arms against your upper body to reduce the static load on your upper arms and shoulders.

### Forearms

According to research, an angle of around 90 degrees between the lower- and upper arms works best. To support the weight of your forearms, let your forearm rest on your fourth and fifth finger, either inside or outside the mouth of the patient. In a healthy working posture, you will work at a distance approximately 34 to 40 cm from your eyes.

For more information and research visit the website of the European Society of Dental Ergonomics: [www.esde.org](http://www.esde.org).

# Score Dental saddle stools

A 'seated stance' or 'standing sit'. In other words: sitting actively and relaxed in the ergonomically favourable posture. That is the philosophy behind the innovative Score Dental saddle stools. Today, it is the seating solution of choice for more than 35,000 dental professionals worldwide. The Score Dental saddle stool has three major advantages:



## 1 The natural upright sitting posture prevents back and neck injuries

Traditional dental stools facilitate only a limited hip angle. This makes it very tiring to keep your spine, neck and head in a favourable vertical alignment. Staying seated upright then simply costs too much muscle strength. The result is that after a while you will automatically slouch and even start working in a bent over position.

Score Dental saddle stools prevent this. The unique shape of the saddle, and the elevated sitting height open up the hip angle (up to 140 degrees) when your pelvis is tilted forward, automatically placing your spine, neck and head in a healthy vertical alignment ('neutral posture'; see below). You maintain a healthy standing-like posture, while also enjoying the beneficial stability and comfort of traditional sitting.

## 2 You can sit closer to the patient. No need to bend over as much

With a hip angle of 90 to 110 degrees, your legs are often in the way of you sitting close to your patient, so you bend your back more and put strain on it in order to gain a good view into the mouth. Adjusting the treatment chair higher is not a solution because then you have to lift your arms higher, unwantedly increasing the tension on your shoulders and neck. On a Score Dental saddle stool, you sit in an elevated position, with your upper legs oriented in a more downward and sideways direction (instead of forwards). This allows you to better position your legs under the treatment chair, allowing you to sit much closer to the patient. Moreover, you can move around your patient easily because your legs are somewhat spread and you can push off to left and right easily.

## 3 Your open posture ensures better concentration and increased energy

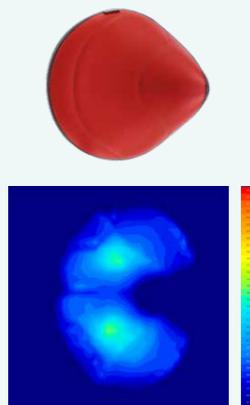
Prolonged static sitting on a traditional chair can lead to a dull or tingling feeling as blood vessels are often pinched.

The open posture the ergonomic shape of the Score Dental saddle stool puts you in makes breathing easier, so that you take in more oxygen. In addition, digestion improves and blood circulation is optimised. The result? Better concentration, greater focus, and a more active posture helping you have more energy throughout the whole day so that you can help your patients better.



### Pressure measurement

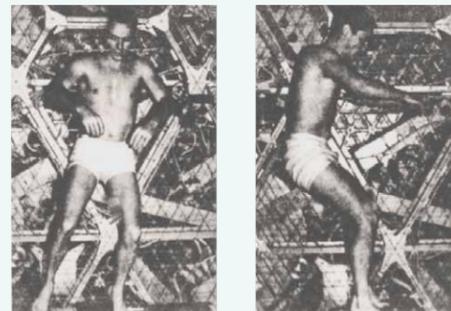
The pressure measurement shows a balanced distribution of weight for maximum comfort.



Optimum pressure distribution, male on Amazone Balance

### Neutral posture

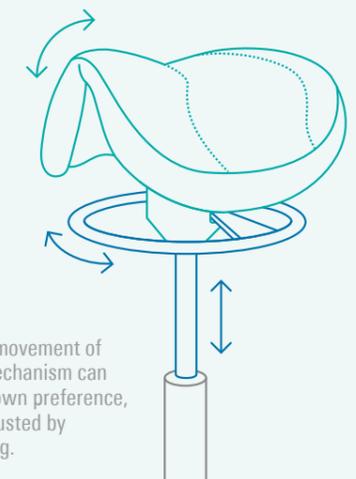
The crucial role of an 'open' hip angle has been demonstrated by researchers from NASA. In weightless conditions, all the joints assume their 'neutral posture'. Muscle groups are under equal strain. Sitting with an open hip angle is therefore healthier, and easier to maintain.



Source: 'NASA 1978'

## Dynamic sitting with Score Balance

The essence of healthy sitting is dynamic sitting. The uniquely adjustable Balance mechanism from Score Dental ensures that the saddle moves subtly along with your movements. These 'micro' movements of your pelvis ensure that muscle groups and intervertebral discs are not constantly under severe static strain. This prevents pain, helps you maintain your working posture longer, and exercises your core muscles.



The degree of movement of the Balance mechanism can be set to your own preference, and can be adjusted by rotating the ring.

# Which saddle stool suits you best?

## 1 Correct height

You will only experience the full benefits of the saddle stool if your position is high enough to sufficiently open up your hip angle, thereby placing you in a natural and relaxed posture.

The perfect sitting height is the one where your upper legs naturally follow the shape of the seat. This enables the maximum hip angle to be achieved (130 to 140 degrees) while keeping your weight evenly divided across the seat of the saddle stool and the floor.

Because people vary in height, Score Dental saddle stools are available in three different heights, each with its own range of height adjustment. For nine out of ten people, the standard height provides a correct adjustment range to position the stool at the optimal height. It is therefore the most popular option if the stool is going to be shared by multiple persons.

## 2 Perfect fit

Score Dental saddle stools are available in two unique seat shapes. The Amazone for an active narrow sitting posture, and the Jumper for a wider sitting posture.

### Amazone

The shape of the Amazone's seat facilitates the most open hip angle. Your weight is divided evenly across the seat and the floor. The Amazone seat strikes the best possible balance between the control and healthy posture of 'standing', and the comfort of 'sitting'.

### Jumper

The Jumper has a wider seat, resulting in a slightly smaller hip angle than the Amazone. A larger part of your body weight rests on the seat. This gives the Jumper seat a more traditional sitting experience.



# Four steps to making the right choice

## 3 Dynamic sitting

### Balance

The Score Dental Balance mechanism ensures maximum comfort and optimal dynamic working posture. This adjustable mechanism enables the saddle to move subtly along with you for extra comfort and a beneficial effect on the muscles and spine (see page 7). The degree of movement can be adjusted by rotating the ring.



### Tilting seat

Instead of the Balance mechanism, you can also choose a tilting seat where the angle of the seat can be adjusted forwards and backwards.

## 4 Extra support

Score Dental saddle stools can be equipped with a lumbar support. Its multifunctional shape provides light support for your lower back (lumbar area) while working in an active posture. In addition, you can also lean against it and stretch to relax your back for a moment.



The saddle version with tilting seat offers a lumbar support that is adjustable in both height and angle. With the Balance mechanism, the lumbar support can be adjusted in depth, and moves with the dynamic seat.

## Choose the right saddle stool

### Which height do I need?

Guide based on physical height:

Amazone (small)	Saddle with Balance mechanism and/or lumbar support	Saddle with tilting seat
Low	< 160 cm	< 155 cm
Standard	160 - 185 cm	155 - 180 cm
High	> 185 cm	> 180 cm
Jumper (wide)	Saddle with Balance mechanism and/or lumbar support	Saddle with tilting seat
Low	< 165 cm	< 160 cm
Standard	165 - 190 cm	160 - 185 cm
High	> 190 cm	> 185 cm

The figure below will help you choose the right seat shape for you.

### Will you be sharing your saddle stool with colleagues?

... **Yes:** If you are going to share the saddle stool, the Amazone is most probably your best choice. It is preferred by 75 percent of all oral healthcare practitioners.

... **No:**

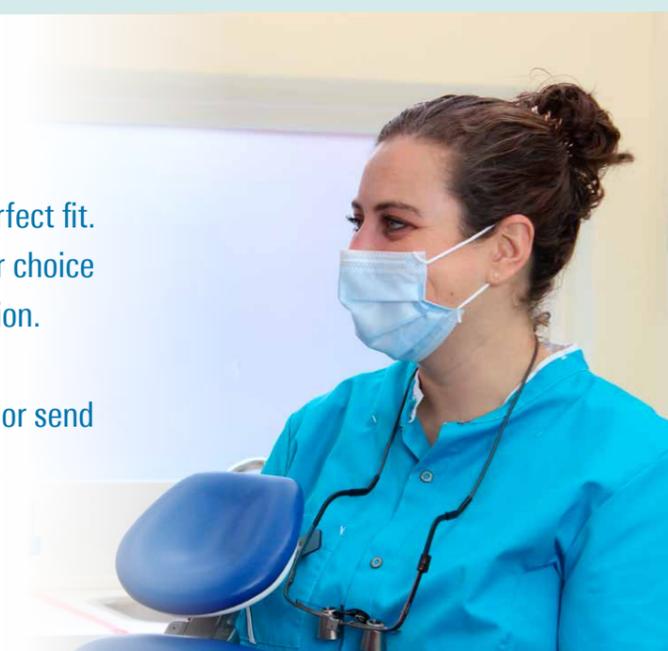
... **Women** generally prefer the Amazone due to its narrower seat (83%). If you prefer a wider seat surface, choose the Jumper.

... **Men** of average height or smaller typically choose the Amazone because of its more active sitting posture (67%). If you prefer a more traditional sitting experience, choose the Jumper.

## Free trial

Experience the comfort of a saddle stool with a perfect fit. Request a trial now and try the saddle stool of your choice in your practice for two weeks without any obligation.

Interested? Contact your local Score Dental dealer or send an e-mail to [info@scorenl.com](mailto:info@scorenl.com)



# dentist & dental hygienist



Saddle stool Jumper with lumbar support



Saddle stool Amazone Balance



Medical Line 6311 with Ergo shape seat

## Amazone and Jumper saddle stools



See page 8 for all saddle stool configurations

- Positions you in a healthy vertical posture automatically.
- For working actively and relaxed.
- Better concentration and increased energy.

Refer to page 6 and 7 for the advantages of healthy and dynamic sitting on a Score Dental saddle stool.

## Score Dental Ergo shape



- Traditional seating, with the advantages of a more open hip angle (see p5).
- The Ergo shape design prevents pinching in the upper legs.

### Advantages of these seating solutions

**Dentist:** A traditional dental stool does not allow you to sit close to your patient because your legs are in the way. As a result, you bend and strain your back and neck more in order to gain a good view into the mouth. The ergonomic stools of Score Dental facilitate a more open hip angle, whereby your upper legs are oriented in a more downward direction. This way you can sit close to the patient with your back straight.

**Dental hygienist:** As a dental hygienist, you often have long procedures to do. On top of that, you work on your own and you have to move around the patient a lot. Because your legs are oriented in a more downward and sideways direction with the saddle stools and the Ergo shape seat, you can easily move around the patient without having to adopt awkward postures. You sit healthy, and prevent fatigue.



Choice of fabrics and colours



Optimal hygiene



Arm and back support



Footrest



Several heights



Foot-operated height adjustment

# working with microscope



Ergo Support (pictured with optional foot-operated height adjustment)

## Ergo Support

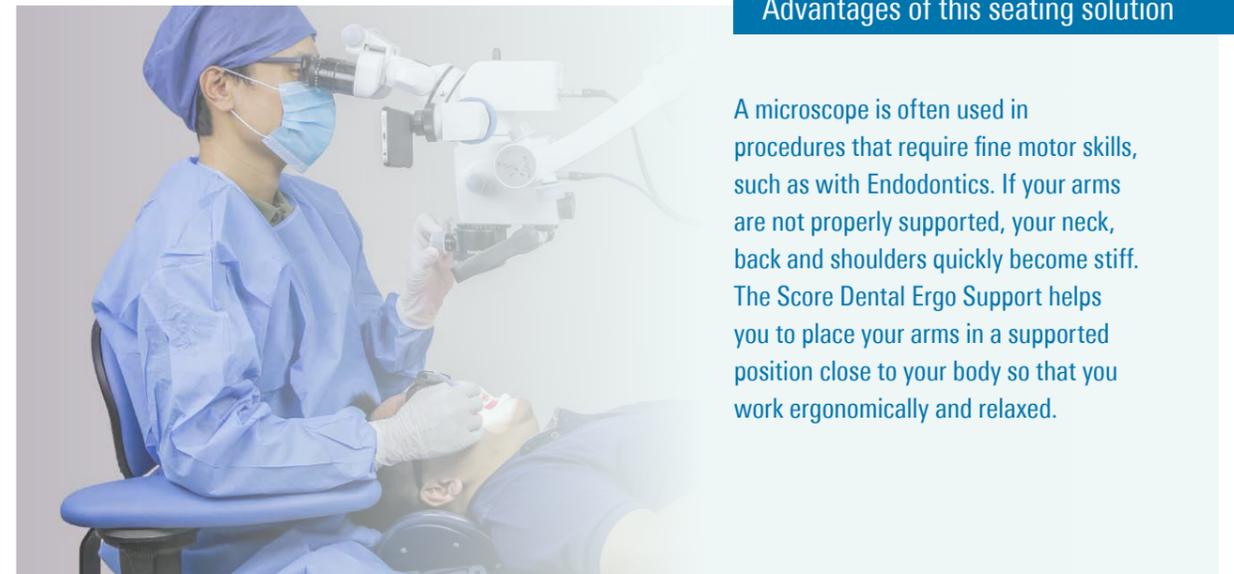


- Stable ergonomic sitting posture with an open hip angle thanks to the unique sloping seat.

## Comfortable armrests

The comfortable armrests provide optimal support for your arms, allowing you to perform microscope work in a relaxed way. The armrests can be positioned close to your body in no time, preserving freedom of movement around the patient.

### Advantages of this seating solution



A microscope is often used in procedures that require fine motor skills, such as with Endodontics. If your arms are not properly supported, your neck, back and shoulders quickly become stiff. The Score Dental Ergo Support helps you to place your arms in a supported position close to your body so that you work ergonomically and relaxed.

# assistant



Saddle stool Jumper with lumbar support



Saddle stool Amazone Balance



Medical 6360 with ergo shape

## Amazone and Jumper saddle stools



See page 8

- Optimal neutral posture for working actively and relaxed.
- Easily manoeuvre closely around the patient, and gain a better view due to the unique elevated sitting posture.

Refer to page 6 and 7 for the advantages of healthy and dynamic sitting on a Score Dental saddle stool.

## Score Dental Ergo shape 6360



- Available in several heights, and can be combined with a foot ring.
- 360 Support: the practical, multifunctional arm and back support is suitable for Ergo shape chairs and Score Dental saddle stools.

### Advantages of these seating solutions

As an assistant, you work in tandem with the dentist in a small working area. On a standard chair, however, you often sit too low to be able to have a proper view into the patient's mouth. The result is either standing up, or getting in each other's way. A Score saddle stool gives you an elevated sitting posture, with good visibility. It enables you to work in good harmony with the dentist.



Choice of fabrics and colours



Optimal hygiene



Arm and back support



Footrest



Several heights



Foot-operated height adjustment

# technical laboratory



Score At Work PU



Score At Work Stamskin



Spirit PU



Spirit Beech

## Score At Work PU and Stamskin



- Score At Work range of chairs with a wide range of adjustment options, allowing you to work ergonomically.
- Available in a PU industrial design or, for optimal comfort, in soft Stamskin finish.

## Spirit PU and Spirit Beech



- Good laboratory chair with basic functionalities.
- Easy to clean.
- Gypsum residues are easier to remove from a beech chair.

### Advantages of these seating solutions

In a technical laboratory, you have to concentrate on detailed work for long periods of time. The ergonomic chairs of Score Dental are fully adjustable to your specific work environment, offering you proper support in your working posture. On top of that they are easily combined with a footrest, and are easy to clean.

**'Our technicians sit still for hours at their work. We chose Score Dental laboratory chairs because they are functional and provide good support.'**

Rozalina Hohd Zain, Head of dental technologists University of Malaya



kuala lumpur

# desk & reception



## 'Work in a healthy way, without pain'

As a physiotherapist and ergonomist, I advise a lot within oral healthcare practices. I look at all the workstations within the practice, because they each have their own ergonomic challenges. I advise on the subjects of working posture, and the use of suitable seating solutions. Score Dental has tailored solutions for all workstations within the practice so that I can basically help everyone to work in a healthy way, and without pain.

For a large, nationally operating dental service organization that I advise, I work in collaboration with Score Dental to ensure that all the seating solutions are provided with upholstery that matches the organization's company colours.



Wim Tinke, physiotherapist and ergonomist

### Score At Work



- Because sitting healthy and working comfortable is important at the reception too.
- Equipped with many adjustment options to ensure ergonomically sound working postures.
- Choose the standard size or a large version with wide seat and large backrest.
- The practical bicolor upholstery or luxury blend upholstery makes office workplaces attractive as well as functional.

### Footrest 952 Pro

- The Score Pro range of footrests provides great support for your feet at elevated reception or desk workstations.



- Choice of fabrics and colours
- Optimal hygiene
- Arm and back support
- Footrest
- Several heights
- Foot-operated height adjustment

# What options can you choose?



### 360° support

The 360° support can easily be rotated all around you. Very useful, because sometimes you need good support for your arms, while at other times your back could use some support.



### Foot-operated height adjustment

Foot-operated so you can use your foot to adjust the seat height and keep your hands free.



### Optimal hygiene

You can choose antibacterial and seamless upholstery for work environments with stringent hygiene requirements.



### Lumbar support

Score Dental chairs and stools can be fitted with an ergonomically-shaped lumbar support. The ingenious design provides freedom of movement, and the height and angle are adjustable.

### Footrest

Score Dental footrests and footrings provide proper support for your feet and legs in different work environments.



### Upholstery

For the stools in the treatment room and the Score At Work laboratory chair:

#### Stamskin®

Antibacterial, hard-wearing upholstery. Available in a range of attractive colours.

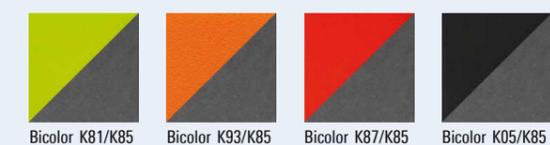


#### PUxx®

PVC-free upholstery, can be washed using most common detergents, and disinfectants based on alcohol, chlorine and ammonia.



#### Stamskin® Bicolor



For a complete selection of all Score Dental seating solutions, options and accessories, visit [www.score-dental.com](http://www.score-dental.com).



## Free trial

Experience the comfort of a saddle stool with a perfect fit. Request a trial now and try the saddle stool of your choice in your practice for two weeks without any obligation.

### Interested?

Contact your local Score Dental dealer or send an e-mail to [info@scorenl.com](mailto:info@scorenl.com)

### Score B.V.

Feithspark 5  
NL 9356 BX Tolbert  
The Netherlands

T +31(0)594-554000  
E [info@scorenl.com](mailto:info@scorenl.com)