

HÅG Capisco® The Saddle Chair™

*“The human body was not created for sitting still,
- but for variation and movement”*



Design: Peter Opsvik

When you work seated in a HÅG Capisco you'll be inspired to greater freedom of movement, variation and new natural seating positions. HÅG Capisco allows you to move high or low as you want. No other chair is so well adapted to adjustable height working situations.

The essence of HÅG chairs is that you sit in balance and therefore you can move just as easily forward and backwards, and sit still when you wish. The chairs encourage you to change your position regularly - without even thinking about it. In this way blood circulation is stimulated and you feel better, both mentally and physically - and you can concentrate on the work you are doing.

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Dentists spend a large percentage of their day looking into their patients' mouths and working on teeth. In order to do this, dentists must flex their necks and upper backs and hold their arms in one position. Sustaining this position day after day, year after year has serious consequences for dentists everywhere.

Numerous studies have shown that the majority of dentists and hygienists suffer the pain and discomfort of musculoskeletal disorders. These injuries cause dentists to seek treatment and rethink their working ergonomics. The common round stool that is provided with many dental equipment packages has been identified as one of the major contributors to poor working ergonomics.

The picture right shows the round stool and the common position which dentists adopt while working. Using skeletal landmarks and the lines connecting those points to show neck flexion. Ideally, there would be 0 – 10 degrees of neck flexion, however in this case it is 36 degrees.

Imagine being in that position for most of the day!



Physiotherapists and Ergonomists have been telling people for years that the key to preventing injury is to not stay in one position for a long time. This is nearly impossible for dentists due to their chairs and the nature of their work.

The **HÅG Capisco** chair, a revolutionary seating concept, allows dentists to adopt several functional and comfortable working positions. One of the most beneficial positions involves sitting backwards and resting the elbows on the arms of the chair (*picture left*). Due to the ability of the chair to rock, not only is the neck flexion decreased significantly (2 degrees compared to 36 degrees), but the curves of the spine are maintained and the muscle activity in the neck and shoulders is decreased.

In short, the vulnerable areas of the body for the dentist are supported and placed into an advantageous position for comfort and function.



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Sitting Forwards

Sitting forwards on the **HÅG Capisco** chair allows three different postures

- *Sitting low as a conventional ergonomic chair—using the backrest*
- *Sitting low as a stool*
- *Sitting high as a saddle chair and gaining all the benefits of the “saddle chair” posture*

Sitting backwards on the **HÅG Capisco** chair provides other unique sitting positions, that are both functional and comfortable.

- *Sitting backwards in the chair provides support for your body whilst leaning forward to work as no other chair can*
- *Leaning you whole body forwards significantly reduces neck flexion whilst looking down to work*
- *Whilst sitting backwards, you can sit low or sit high and still use the chair as a saddle seat*



Sitting backwards

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Sitting sideways

Sitting sideways on the **HÅG Capisco** chair provides support in a variety of ways

- Sitting low, as a stool, with forearm support, - this is adjustable in height using the backrest adjustment
- Sitting high as a saddle chair with forearm support (as shown)

By using the **tilting** feature of **HÅG Capisco** and sitting sideways, you can use the chair to lean over sideways with your body supported by the backrest. (not shown)

This can be very useful when it is necessary to lean over, holding a set posture for extended periods.

Dentists, assistants and hygienists all work in an environment where unusual and sometimes awkward postures are part of the job. **HÅG Capisco** provides the opportunity to sit in many different positions and offers unique support possibilities.

HÅG Capisco 8106 features include:

- 4 way saddle seat
- Gaslift height adjustment (3 height ranges to choose from)
- Seat depth adjustment
- Backrest height adjustment (armrest height adjustment when sitting sideways)
- Lockable tilt
- Adjustable tilt tension
- Choice of fabric or washable vinyl
- 10 year warranty

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