

why choose a score saddle chair?

Simply sitting comfortably while doing your job? Then we have just the thing for you: a Score saddle chair. Because it actually combines the best of both worlds: on the one hand, the healthy posture of standing and, on the other hand, the stability and comfort of traditional sitting. Upright, in a relaxed, comfortable posture that feels natural for your back, neck, shoulders and arms. So your body can function optimally while you're working. Sitting this way is not only much healthier, it also makes you feel more fit, allows you to concentrate for longer periods of time and, at the end of the day, you'll still have energy left for other things.

prevent sick leave

Because employees who sit a great deal, stand a lot or have to make repetitive movements, often force their bodies into a certain position for long periods of time. If it is an unnatural position, this could lead to physical complaints in the long term and possibly even long-term sick leave. Investing in 'sitting right' has a quick return on investment. It's one of the few affordable ways to prevent sick leave. Happy employees, happy employers!

Reasons to choose a Score saddle chair!

how to sit healthily on a saddle chair

Slouching is out of the question on a saddle chair. Because even when you're tired, a saddle chair makes sure you maintain a natural and active sitting position. And that's what we mean by the best of both worlds. Your body automatically stays healthily upright on a saddle chair, while you still sit relaxed. That is the philosophy behind the Score saddle chair.

how to find the correct setting

Are you sitting actively, yet comfortably and relaxed? Then you have correctly adjusted your saddle chair. But how do you do this? When sitting on a saddle chair, it's important to sit as high as possible while your feet remain on the floor. The angle between your upper leg and body - at the height of your hips - is also called the 'open hip angle'. Ideally this is approximately 125°. Your pelvis tilts, automatically resulting in a 'neutral position' (S-curve in your spine) for your body. And that's what prevents back, neck and shoulder pain. In short: with the right settings, you can sit comfortably on a saddle chair while getting on with your work.

Promotes the natural s-curve in your spine

Tilts the pelvis

Optimal is to place your legs at an open hip angle of about 125°

*Optimal is to place your legs at an open hip angle of about 125°
Place your legs in a slightly spread position so you can roll back and forth easily.*

