



## SALSERO® — SITTING CORRECTLY IS HEALTH PROTECTION

Thanks to its extraordinary functionality, the Salsero® can be used therapeutically for diverse orthopaedic and neurological illnesses. Balance and positioning reactions can be intensively trained. Moreover, the Salsero® is suited for prevention as well as for supportive rehabilitation in case of back problems.



Therefore, the Salsero® should not only be used as dynamic and ergonomic health chair in the office as desk chair, or at home, but is likewise recommended by physicians and physical therapists as a therapeutic and training device.

### THE INVENTOR

Edwin Jaeger is a trained, professional stage dancer, dance educator and Certified Ergonomist (in Germany: „Rückenschullehrer“). He developed the Salsero®-health chair to relieve his own back pain caused by an accident. The Salsero® contributed considerably ease the related back pain and to recover from his physical restrictions.

Presented as back-friendly furniture in the program „SIMPLY GENIUS“, MDR television.

Photos: G. Klingler, Design: Gitte Günther.

## SALSERO® — THE ERGONOMIC HEALTH CHAIR WITH THE BALL



► Patented system with a seating surface freely positioned on a ball for active, dynamic sitting.



► Smooth height adjustment. Floor-casters blocked while seated!

► Aluminium foot cross and gas-spring support available in black or chrome.

► Seat and backrest can be upholstered with diversely coloured materials, vinyl or real leather.



► The depth and height of the removable backrest of the Salsero®-chair are adjustable.

► Also available in genuine wood (produced 100% by hand).

► Recommended by physicians and physical therapists: chair and training device in one unit.

### INFORMATION AND CONTACT

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ENJOYING MOTION  
IN SITTING



## SALSERO® — TAKING CARE OF YOUR BACK

Almost everyone is affected by back pain: 70 to 80% of the population have to deal with this problem at some point. A trigger of back pain is primarily a one-sided physical strain such as prolonged static sitting. This causes immense pressure on the spinal discs. Moreover, the important spinal supporting muscles risk to become atrophied. As a result, back problems and fatigue may develop.

## SALSERO® — TRAINING FOR YOUR BACK

Active and dynamic sitting keeps the back muscles fit!

Static, passive sitting is unhealthy! Therefore, orthopaedics recommend an active and dynamic sitting, i. e. changing the sitting position as often as possible. Dynamic

sitting leads to a natural activation and relaxing of the spinal muscles and a natural compression and decompression of the spinal discs. Moreover, it provides for sufficient blood circulation in the spinal muscles and supports the maintenance of the double S-form of the spine.

## WHAT DOES „SALSERO“ MEAN?

„Salsero“ is Spanish and is translated as „Salsa dancer“. Salsa is a Latin American dance style, in which the movements of the hips and pelvis play a central role.



Dynamic sitting leads to dynamic thinking!

## WHAT IS SPECIAL ABOUT THE SALSERO®-HEALTH CHAIR?

The seating surface of the Salsero® is freely positioned on a ball being controlled by two specially engineered bearings. A tearproof net tube secures the ball and the seating surface against falling down.

Thus, the patented system allows for a nearly frictionless, three-dimensional movement of the seating surface.

The person sitting on a Salsero®-health chair can simultaneously rotate, incline and slide sideways in all directions.

With the seat's unique freedom of movement close to the spine, the smallest body impulses can be transmitted to the sitting surface. You will experience a pleasant and free sitting experience.

## THE SALSERO®-HEALTH CHAIR STRENGTHENS YOUR BACK, IMPROVES YOUR BODY AWARENESS AND YOUR COORDINATION

The active dynamic sitting on the Salsero® starts in your head. You simply have to sit down and stand up consciously in a proper posture.

Thanks to the positioning of the seating surface on a ball, your central trunk musculature is constantly active in order to maintain balance. This is an important and essential improvement over conventional sitting behaviour.

Furthermore, the Salsero® automatically encourages mobile and dynamic sitting, mobilizing your spine and simultaneously strengthening the supportive muscles including the deep spinal muscles through active rotating and tipping of your pelvis. Your spinal discs are thereby relieved of static and unhealthy pressure.



„Besides, this free sitting sensation is coincidentally also fun!“ (translated citation, Praxis für Physio- und Physikalische Therapie, Balzer and Rahmann, Bremen)

## ENJOYING MOTION IN SITTING

