

All BQE work stools and chairs are designed in such a way that it is easy to adopt a better sitting posture while working, which gives the stools/chairs a clear preventative and curative character. Development and production are based on the general scientific background, specific studies and practical experience.

# DYNAMIC™

**KOMPODENT**  
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DYNAMIC™



The **Dynamic™** is a work stool with very specific qualities. The patented scissor mechanism automatically moves the back rest towards the back, a unique quality which gives excellent stabilisation for the low back. For optimum use of the Dynamic™, correct instruction and adjustment are needed.

#### Seat

The seat is triangular in shape and has a slightly raised edge at the back, which encourages the user to sit upright. A wide seat is available for heavier users. The seat is made of high-quality moulded foam, ensuring long retention of its specific shape.

#### Backrest

The backrest is small and round in shape, so that it fits well into the lower back. This allows the back to be supported precisely per segment, which is impossible with a large back rest. A special quality of the back rest is that it moves automatically towards the back, making it unnecessary to move the back towards the back rest.

#### Upholstery

The standard upholstery material is easy-to-clean, durable synthetic leather, available in a wide range of colours and colour combinations. Other materials are available on request.

#### Adjustment options

- Seat height from 44 - 91 cm (depending on the selected length of the gas cylinder)
- Tilt of the seat
- Depth of backrest
- Height of backrest
- Resistance of tilting mechanism

#### Accessories

Armrest(s), foot ring or foot control.

#### Application

The Dynamic™ is ideal for a wide variety of professions, such as dentists and dental assistants, therapists, beauty specialists, teachers, nail stylists, laboratory personnel, office workers, hairdressers, etc. Many of these users are now enthusiastic about this stool.

👁️ For our instruction video check: [www.BQErgonomics.com](http://www.BQErgonomics.com)



European patented

**BQE**  
BACK QUALITY ERGONOMICS  
STOOLS & CHAIRS

[www.BQErgonomics.com](http://www.BQErgonomics.com)

Improve your posture and relieve your back  
**Back Quality Ergonomics**  
Stools and chairs with a preventative character

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BACK QUALITY ERGONOMICS  
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# The **Dynamic™** Activates and Corrects your sitting position

The only stool world wide where the backrest comes **to** the back!



Active position



Passive position

## Active and Passive sitting

There are two ways of sitting: actively and passively. The active position is assumed while concentrating on work. You are sitting on the edge of your seat. In the active position you do not lean, but bend slightly with a hollow back (the sternum is lifted). This position is medically correct (the back muscles are taut) but on a normal seat this position cannot be maintained for a long time. After a while, therefore, one automatically changes to the passive position in which one leans back slightly. Although the passive position seems comfortable, it involves a considerable risk (Kyphosis of the lumbar vertebral column) as the pelvis tilts backwards and the spine becomes rounded. The pressure in the intervertebral disc increases and an irritation or stretching of the ligaments occurs just in front of the spine, resulting in pain in the lower back and diminished (work) efficiency.

The **Dynamic™** is an ergonomic stool specially designed to combat and prevent back complaints. It was developed and tested by physiotherapists in collaboration with the RUAC (Back School and Advice Centre) in The Hague (The Netherlands). Extensive practical tests have demonstrated the revolutionary character of the **Dynamic™**.

With the **Dynamic™**, active sitting and (corrected) passive sitting are alternated, whereby the pressure upon the vertebral column is reduced to the minimum.

## Unique mechanism

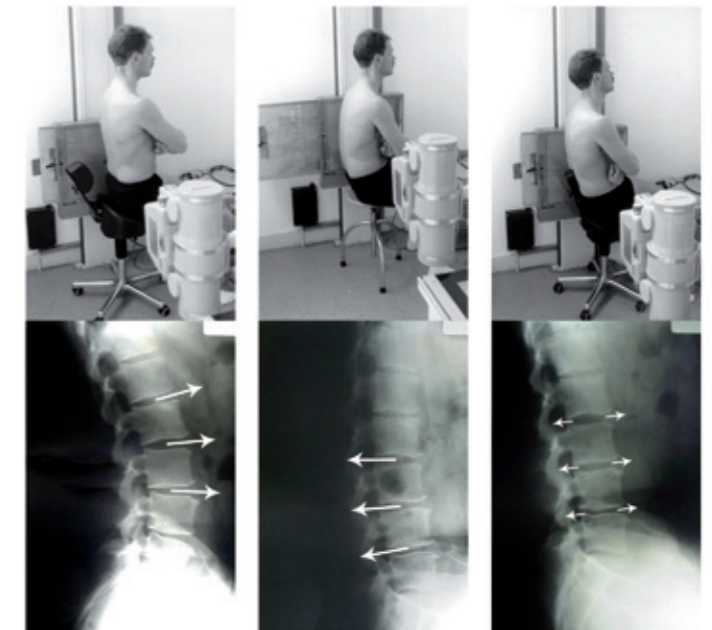
The **Dynamic™** links the two sitting positions with a tilting mechanism. When in the active position, the seat has a positive inclination of 3 degrees. In this way it is easier for the spine to move into the (least stressing) lordosis position (the pelvis tilts forwards). When the centre of gravity is moved slightly backwards, often because of the tiredness, the seat tilts 6 degrees backwards. At the same time the lumbar support automatically moves forward, guaranteeing the lordosis position during passive sitting. In both of the positions the back has minimum pressure.

## Lumbar support

Support in the lumbar region means that the vertebral column can assume the form as close as possible to the anatomical curve. Without lumbar support (for instance sitting on a conventional stool) the pelvis tilts backwards, the vertebral column takes a C-shape and the torso has less stability. The cleverly designed lumbar support of **Dynamic™** guarantees the natural S-form of the lumbar vertebral column and can determine the level of the support per segment more accurately. The small size of the lumbar support ensures an optimal freedom of movement and activates the stretching of the vertebral column.

## Facilitation

The specially designed form of the seat (upright edges) of the **Dynamic™** opens up the hip angle and ensures a better sitting position. In the passive position the posture is corrected by the convex form of the back support.



Active sit with **Dynamic™**

Passive sit with conventional stool

Corrected passive sit with **Dynamic™**

## Adjustability

The **Dynamic™** can easily be adjusted to the needs of each individual. The tilting mechanism can be set according to the weight of each individual by adjusting the knob at the front of the seat. The lumbar support is adjustable both horizontally and vertically. The height of the seat is, of course, variable too.

Can be used by different professionals!

