

EVOLUTION CHAIR

body intelligence

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- Ultimate sitting solution
- Improves posture
- Builds core strength
- Reduces spinal compression
- Recommended by health professionals
- Great insurance against back injury



We don't just
SUPPLY you
with the products
We FUSE YOUR
PRACTICE into
a powerful network system!

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E V O L U T I O N C H A I R

See What Your Back Has Been Looking For

Combining the core health benefits of a stability ball and the mobility of an operator/office chair, the Evolution Chair is designed to improve poor posture and alleviate neck and back pain. Sitting in your optimal ergonomic (height adjustable) position and adjusting to the ball's bounce and sway strengthens abdominal muscles and spinal stabilizers, which results in better posture.

Ergonomic Design Enhances Patient Comfort

- Ultimate seating solution successfully combining core health benefits with the movement and versatility of a rolling office chair
- Widely recommended by health professionals
- Suitable for anyone who sits for extended periods of time
- The process of active sitting on the Evolution Chair utilizes and strengthens those core muscles which are not typically engaged during passive sitting
- Enhances good posture and core strength which are a great insurance against back injury

Typical Sitting Position



Optimal Sitting Position



Breaking Into Active Sitting

Day 1

- Pump ball (air compressor is recommended) to 21" from the floor to the top of the ball, let it sit for 24 hours to allow for expansion.

Day 2

- Let air out as needed until comfort level is reached. Balls are going to vary from 50cm – 60cm
- Place the wheels straight into the base, or use height inserts as needed.
- Knees should be at a 90 degree angle with hips slightly higher than knees. Initially, this is not a full day sitting chair as time is needed to allow muscles to build up and work their way into sitting on it all day. From previous poor posture, muscles will fatigue as the body is being 'forced' into a proper position. 'Active' sitting helps build the core muscle groups.

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