



PRODUCT SPECIFICATIONS

Doctor D Dental Stool

www.australiandental.com.au/doctor-d-dental-stool

ade **australian
dental
engineering**

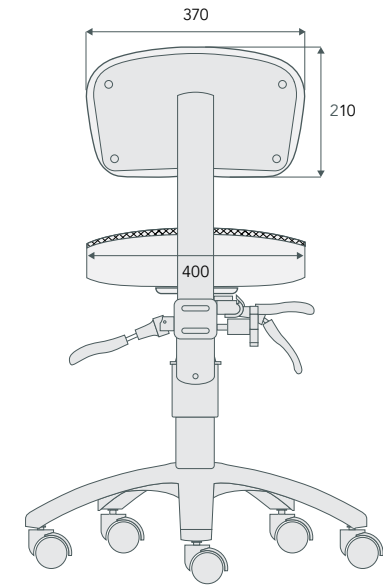
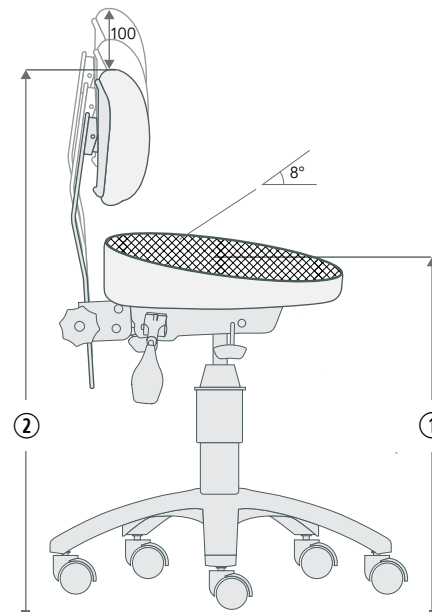
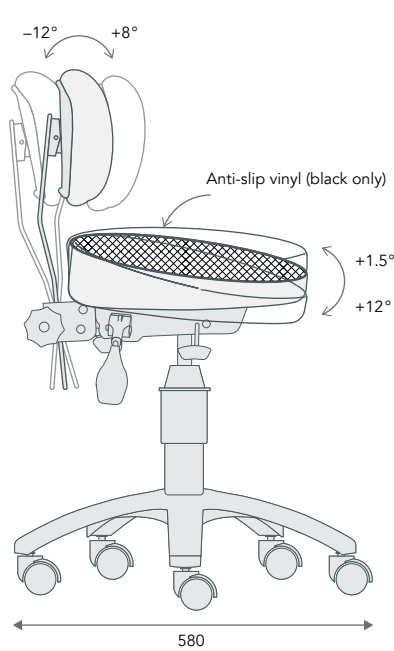
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Doctor D Dental Stool

Note: Dimensions are in mm.



PRODUCT OPTIONS

The Doctor D Stool is fitted with a 140 stroke gas lift as standard. If you require a higher or lower stool, alternative gas lifts are available (see table below).

| Gas lift stroke | Seat height ① | | Back height ② | |
|-----------------|---------------|------------|---------------|------------|
| | MIN | MAX | MIN | MAX |
| 100 | 445 | 535 | 690 | 775 |
| 140 | 480 | 600 | 715 | 840 |
| 160 | 530 | 670 | 770 | 910 |
| 200 | 535 | 720 | 785 | 970 |

Note:

- Heights are estimates only (tolerance 10mm)
- Vertical movement shown in diagram is in addition to height shown in table
- With alloy base fitted, all heights are reduced by 20mm

COMPONENTS

Dark grey Black White

Upholstery

The seat is manufactured with high density cut foam. Choose from over 200 vinyl colours or supply your own. For a full list of colours, see our website. All our vinyls are antibacterial and flame retardant.

Mechanism

Fully ergonomic 3 lever mechanism with independent seat and back adjustment.

Base material

Nylon (standard) or alloy (alloy diameter 600mm).

Friction castors

Fitted with polyurethane soft tire friction castors limiting the stool's movement when pressure is released (e.g. when the user stands up). Free wheel castors can be fitted upon request (black only).

CAPACITY

120kg (evenly spread).

SHIPPING INFO

Stool weight: 10kg
Packaged weight: 12kg
Packaged dimensions: 590mm × 590mm × 510mm

OPTIONAL ACCESSORIES

The height of the stool is normally controlled by the right hand lever. A foot activation ring can be fitted to all doctor stools (currently grey only).

HOW TO ORDER

Dental companies or government agencies, please contact us directly. Dentists please see our 'store locator' page for a list of our Australian and international distributors.

ADDITIONAL NOTES ABOUT THIS PRODUCT

The product's ergonomic design incorporates a firm forward sloping seat for optimal dental work postures. The natural elongated S - shape of the spine is compromised by soft seats, resulting in a slumped posture and spinal compression causing back and neck problems.

The firm and forward sloping seat

- allows the weight to fall through the sit bones, the anatomical weight bearers for sitting;
- reduces muscular effort required to maintain upright posture;
- reduces tendency to slump;
- allows the hip joints to be higher than the knees, which facilitates forward bending at the hip joints rather than distorting the spine.

USING YOUR STOOL FOR THE FIRST TIME

It is recommended that you don't sit for long periods without breaks in the first few weeks of using your new product. The deep back muscles need to build up strength to support you sitting upright. As your muscles get stronger, you will be able to sit for longer periods with ease.

The job of our back muscles is to support an upright spine, but due to poor sitting posture these muscles are not activated with enough frequency to do this work.

The deep back muscles are activated when you are sitting on the product the correct way. As most people don't engage their back muscles to support their spine when sitting, initially these muscles are not used to working.

Even after the deep back muscles are accustomed to activation through sitting on the product, it is important to stand up and move, even briefly, every 35 – 45 minutes. 'Sitting is the new smoking', according to latest research.