

DeMiro Spine Stool

rehabilitation stool

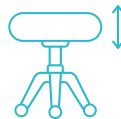


PROFESSIONAL SUPPORT FOR YOUR **SPINAL COLUMN** DURING LONG WORKING HOURS



Supports correct posture

The stool's ability to rotate horizontally the body in space (360°) makes it easy to adapt to different working positions. Regular use helps to maintain correct posture, which can ultimately help to reduce the discomfort associated with sitting for long periods of time.



Adjustable seat height

The seat height adjustment allows precise positioning to achieve a 90-degree knee flexion angle. This is one of the elements that helps to maintain correct posture by reducing the load on the spine and the risk of hunching.



Comfort and ergonomics at the same time

Using a seat that tilts back and forth allows you to adjust the angle to match the natural curves of the spine, helping to maintain correct posture.

Find out more on

www.en.meden.com.pl



This leaflet contains information on a medical device that should be operated by qualified medical personnel and used in accordance with the user manual or label.



A movable seat that adjusts to the user's movements



Screws for adjusting the angle of the stool forwards (1) and backwards (2)

Seat adjustment by foot position

Adjust the seat position by moving one or both feet forwards and backwards to find the optimum seat angle. Moving your feet forward puts more pressure on the front of the seat, which raises your spine and relaxes the muscles in your back. If you extend your foot too far, you may experience back discomfort.

Seat adjustment by chest position

Raise or lower your chest to find the optimum seat angle. Raising the chest brings the spine into a more upright position, while lowering the chest brings the spine into a more hunched position.

Adjustment by means of rear screw

Special care should be taken when using the stool with the rear screw loosened. The manufacturer cannot be held responsible for the rapid lowering of the rear part of the seat when the upper body is tilted backwards, which can lead to a loss of balance and a fall from the stool. Tighten the rear screw as far as it will go to eliminate the risk of falling backwards.

Loosen the rear screw to the desired position to allow the seat to tilt backwards. When sitting for long periods, the back and forth movement of the seat provides an opportunity to exercise the spine. Please note that prolonged sitting with the back in a hunched position can be harmful to the spine.

Technical data:

	large spring	small spring
Base width [mm]:	500	500
Total height [mm]:	min. 475 - max. 605	min. 432 - max. 534
Seat length [mm]:	360	360
Seat width [mm]:	450	450
Seat thickness [mm]:	55	55
Seat inclination angle (up/down) [°]:	0-18	0-18
Seat recess length [mm]:	178	178
Seat recess width [mm]:	174	174
Height adjustment range [mm]:	130	130
Diameter of foot with pin [mm]:	50	50
Maximum safe load of the stool [kg]:	≤ 135	≤ 135
Product weight [kg]:	10.5	10.5
Weight of the product in the cardboard box [kg]:	13.3	13.3