

# SALLI SADDLE CHAIR

PRODUCT



CATALOGUE



2021



# The SALLI Story

## In the beginning

Salli® Saddle Chair began with my favourite hobby: horse riding. I have been riding since 1974 and usually manage and supervise the maintenance of my forests on horseback. My hobby has taken me to several competitions, including show jumping and trekking events.

Even though my way of life was active and healthy, I suffered from back pains when I had to sit in the office. In 1990, I told my physiatrist, Mr. Seppo Mahlamäki, a specialist in rehabilitation, about how much more uncomfortable it was for me to sit in an office chair than in the saddle.

Mr. Mahlamäki told me that a riding-like sitting position would be a better alternative for me for my office work than the traditional way of sitting. He also thought that a saddle chair could be a great business idea, since at that time saddle-type chairs were not available in Finland. This marked the beginning of the development of an ergonomic office chair.

## The first two-part saddle chair in the world

At first, I tried using a saddle placed on top of a stool, but the saddle was not comfortable enough for static sitting. The intensive development of a new kind of seat began together with my farm's metalworkers and local upholsterers. The first Salli Saddle Chair was introduced at the Geneva Invention Expo in 1990.

The development of the two-part Salli seat began in 2001. The goal was to develop an anatomically and ergonomically safe chair for both genders. It was impossible to keep the pelvis in an upright position on the one-part seat since that position felt very uncomfortable (and clearly was very unhealthy too) in the genital area. The development resulted in a two-part seat that has been further refined over the intervening years.

## Renewing the sitting culture

Salli Systems began to get feedback as early as the 1990s from users who claimed to have rehabilitated their backs with the Salli Saddle Chair. In addition, Salli's other health and productivity effects seemed superior compared to conventional seats. Encouraged by this information, the company decided to set its main goal as nothing less than changing the prevailing sitting culture.

Salli Systems has already established that traditional sitting is directly connected with at least lower back and shoulder area problems, bad posture, sitting fatigue, circulation problems in the lower limbs, joint ailments in the hip and knees, slower bowel movements, insufficient breathing while sitting, headaches and poor circulation in the pelvis and genitalia. It has been discovered that the Salli Concept enables people to almost entirely rid themselves of the above-mentioned conditions. Salli improves the convenience of the sitting environment notably, thus substantially improving productivity.



Veli-Jussi Jalkanen  
Founder, Chairman of the Board





**ADAPTING MAY TAKE TIME!**

When you start sitting in a new way you may feel some discomfort, the same as when you start a new sport. Muscles in the lower back may become sore, because you start to use them. The inner thighs can feel tight because muscles are not used to being stretched. The sitting bone area may also feel tender, if you are not used to having pressure on sitting bones.



The natural position of the body without stimulation from outside.

The joints are in a state of rest – this is the same position you achieve on a Salli Saddle Chair.



# WHY SALLI CONCEPT WORKS

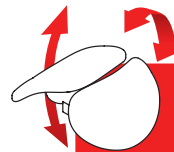
## Musculoskeletal disorders hurt – and they are expensive

Conventional seats have a negative impact on health and productivity. Our bodies are not designed for sitting, but we usually sit 12–15 hours each day, without really being aware of it.

It is essential for our bodies to get enough oxygen and nutrients, and to remove waste; both functions made possible by active circulation.

Sitting in a bad position affects the whole body: The slouched position makes neck and shoulder muscles tense and sore. The disks in the lower back are unevenly pressed by the vertebrae, which slowly deteriorates them.

Breathing is shallow and the brain does not get enough oxygen to keep us alert. The head starts to ache. Slow circulation and lymph flow make the lower limbs swollen and add the risk of varicose veins. The bowel functions slowly and the genital area is pressed uncomfortably.



Professionals of ergonomics recommend active sitting where the core muscles are activated and the body is in balance. Movement and the use of the muscles increase circulation.

The Sway mechanism of **Salli Sway** and **Salli SwayFit\*** makes the chair move freely to all directions. Static sitting is thus avoided. Your core muscles (stomach, deep back muscles and pelvic floor muscles) are activated and get stronger.

BE ACTIVE WHILE SITTING!

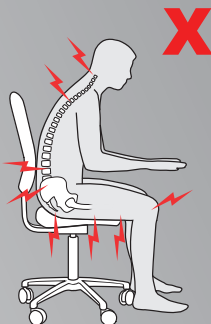
\*Find out more about the products on page 5.

### Conventional way of sitting

When we sit in the conventional way, with 90 degree angles in hip and knees, our balance and posture are poor. This affects many areas in the upper body and decreases circulation.

The poor posture that conventional chairs inevitably cause, stretches and tenses back muscles and makes them sore. The facet joints in the spine are open, which increases the pressure on disks as much as 30 per cent. A backrest does not help, because the 90 degree angle in the hip prevents the pelvis from tilting forward into its natural position.

The weight of the upper body is also on the back of the thighs, the buttocks, the pelvic floor and the genital area, thus decreasing the circulation in those areas and causing swelling in the legs.

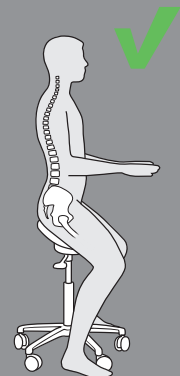


### Riding-like sitting

Circulation is undisturbed when we sit on a two-part saddle chair. Bones (sitting bones, feet and elbows) carry the weight, so there is no pressure on soft tissues.

The posture is the most relaxed and natural, when the legs are apart and sloping down in a 45 degree angle, which makes the pelvis automatically tilt forward. When the pelvis is tilted forward the back is in its neutral position. It feels easy and natural to sit when one is balanced in the same way as when standing. No muscle tensions or outside pressure disturb circulation.

Deeper breathing and improved circulation enable the body to get enough oxygen and nutrients.





# WHY SALLI CONCEPT WORKS

## Sitting pressure effects the pelvic area

The pressure caused by sitting on conventional chairs disturbs the pelvis, tailbone, pelvic floor and genital area. It is believed to increase intestinal and internal pelvic health problems and erectile dysfunctions.

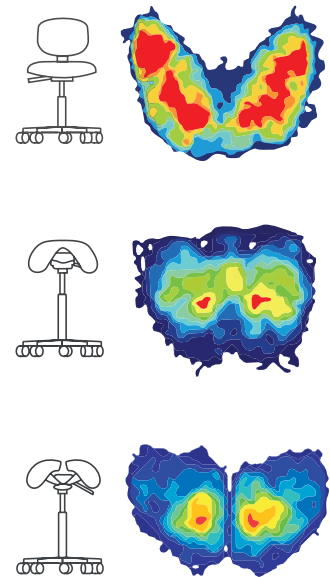
On a conventional chair men tend to lean backwards in order to avoid the pressure in the genital area. This means the back is not straight, which results in back problems.

On a one-part saddle chair the pressure on the pelvic opening is even stronger. We automatically try to avoid it by tilting the pelvis backwards, and as a result we slouch. If one already has back pain

and it is too painful to slouch, the result is a numbed genital area due to the pressure imposed on it.

When sitting on a two-part saddle chair, the pressure is on the sitting bones. As a result there is less pressure on soft tissues and that is why we can sit more comfortably, in a balanced position. Circulation also remains undisturbed.

We recommend loose trousers and lifting the trouser legs before sitting, in order to leave the fabric loose under the pelvis. That way you benefit more from the chair.



### Traditional workstation

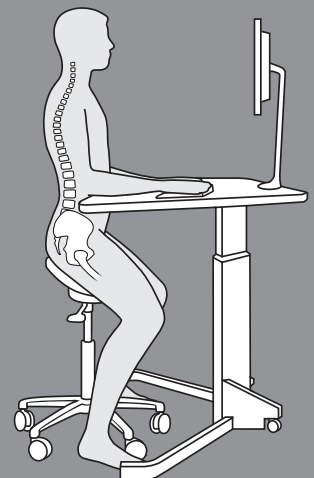
### Salli workstation

- Headache
- Shoulder tensions
- Bad posture
- Poor breathing
- Slow bowel
- Mousehand syndrome
- Lower back pain
- Cellulite build-up
- Genital health problems
- Joint ailments
- Varicose veins



→ Poor blood and lymph circulation

- Active brain
- Relaxed shoulders
- Posture improves
- Breathing deepens
- Faster bowel movement
- Effortless use of mouse
- Healthy back
- Increased circulation in buttocks
- Better genital health
- Joint friendly
- Good circulation in legs



→ Blood and lymph circulation improves

# CHAIRS

## Ergonomically shaped two-part Salli Saddle chairs

The ergonomically shaped two-part saddle chair provides an unburdened, standing-like, and active way to sit in balance. The angle and design of the seat makes the pelvis rotate neutrally forward and holds up the spine and upper body naturally without muscle effort.

### Why Swing?

Strengthens your deep core muscles and increases metabolism. Helps you to stay healthy and get more activity into your day.



Salli Swayfit 

Active seat with width adjustment



Salli Small Swayfit 

SwayFit with 6 cm narrower seat. Especially liked by people shorter than 170 cm.



Salli Sway 

Active seat with fixed gap.

### Why tilt?

Tilt the chair slightly forward to get your pelvis in its neutral position, which keeps your back in a natural healthy posture. Tilt the chair slightly backwards to avoid excessive lordosis, which is common among people with hypermobile joints.



Salli TripleFit 

Adjustable seat width and tilt.



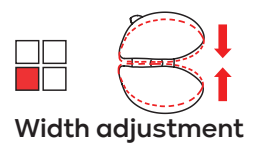
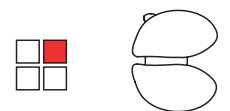
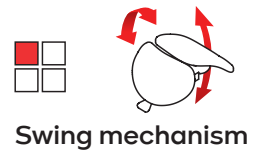
Salli Small TripleFit 

TripleFit with 6 cm narrower seat. Especially liked by people shorter than 170 cm.



Salli Chin 

Seat with fixed gap and tilt.



Salli Slim

Has all the good qualities of a two-part saddle seat. It's light and provides great ergonomics at an affordable price. Salli Slim is for children, and for women who want a smaller seat.



Salli Light

Light and affordable with the two-part seat qualities. Single black polyurethane piece with a groove in the middle. A fabric seat cover is available



# TABLES & ACCESSORIES



## Salli School Desk

- Small and easy-to-move desk (2 castors) for home, school or small office
- Desk top 75 x 60 x 1.8 cm, 3D-laminated MDF
- Colours: white
- Recess gives support to upper body
- Round edge profile
- White or black frame
- Manual height adjustment, 71-110 cm
- Maximum load 25 kg



## Allround

Allround moves freely on all sides of the chair, and also around its own axis. Can be used as a support for either one arm or both arms.



## Elbow Rest

Elbow Rest is ideal for precision work, or for any task in which you need support for your arms. It can be turned through 180 degrees.



## Elbow Table

A compact and versatile work station for office or home.



## Stretching Support

Meant for momentary stretching only. A backrest isn't needed, because in a balanced position the spine supports the upper body and the muscles can remain relaxed.

## Salli Expert

The gap in the seat enables one to maintain the good position even during long operations. Comes with Foot Height Control; height can also be adjusted by hand lever. The hand rests support your elbows and the backrest enables you to stretch every now and then.



## Salli Ultra

Movable armrest is available with Stretching Support. It is ideal for dentists and in ultrasound rooms, or to be used as a rehabilitation aid after shoulder injuries.



# DENTISTRY



## New level of work ergonomics

In dental care the sitting position is the greatest health risk, because during long operations the position is unnatural and involves a lot of repetitive movements. Sitting in a bad position puts twice as much strain on the spine as standing.

On a two-part saddle chair the back is in the same position as when

standing, and the lower back lordosis can be maintained. The gap in the seat enables you to keep your back straight even when you need to lean forward. Moving and reaching for things is easy and fast on Salli. Small and practical Salli enables both the dentist and the assistant to work close to the patient.

Dentists often retire early because of various problems in their shoulders, neck and lower back. Almost everybody working in dentistry is affected by some kind of sitting disorder, such as poor circulation in the legs, shortage of oxygen, problems in hip, knee and shoulder joints, and genital health problems.

**GET YOUR OWN SALLI NOW!**



# HEALTHCARE

# BEAUTY & THERAPY

## No more back pains

Ergonomic and healthy sitting position is best achieved on an anatomically designed, two-part saddle chair. Sitting on Salli automatically creates lordosis in the lower back, which relieves the harmful pressure on the disks. The gap in the seat makes it possible to maintain the good posture even during long operations, because there is no uncomfortable pressure in the genital area – and thus no need to round the back.

When sitting on a saddle chair the body can move almost as freely as when working in a standing position. Moving around the patient and reaching for things is effortless. Furthermore, there is no need for a separate working chair in front of the table, because moving on Salli is so fast and easy.

## Salli helps you to take care of yourself

The work of beauticians and body therapists is especially challenging ergonomics-wise because they need to bend over the customer for long periods of time. On Salli Saddle Chairs the work can be done sitting, and the back can be kept straight.

Because of the two-part seat there is no need to round the back: there is no uncomfortable pressure in the genital area. Salli Saddle Chairs have seats that either tilt into a certain position or adapt freely to your movements; especially the latter models add movement into your working day and keep circulation and lymph flow going.



“ In the field of healthcare, everything starts and ends with the ergonomic and efficient working position. Salli Saddle Chairs offer a wide range of products to doctors, nurses, dentists, opticians and physiotherapists to get rid of the problems caused by poor working positions and to effectively prevent new ailments. Salli Saddle Chairs increase your efficiency and are ideal for small spaces and excellent for precision work. ”

# OFFICE



# EDUCATION



## Safe sitting for both genders

Sitting in a poor posture disturbs circulation and prevents the brain from getting enough oxygen. This makes us tired: working becomes inefficient and we make more mistakes. Also back pains are a universal problem.

Sitting in a slouched position damages the disks in the lower back and in the long run causes arthritis. In addition, every time we sit, the trousers tighten in the thigh, groin and genital area, which interferes with the sensitive lymphatic system and circulation.

To be able to maintain the upright position you also need a height-adjustable table, because you sit higher than on a traditional chair. Standing for the whole day is too strenuous for muscles, but to vary between sitting and standing is an excellent choice.

## Healthy choices from the very beginning

Standing and bending down strains the teacher's back a lot. When using a Salli Saddle Chair, working with an individual child is easy: you no longer need to bend down. It is easy to roll the chair to the child's side and look downwards while maintaining the good, comfortable posture. You sit higher on a saddle chair than on traditional chairs, which works well in front of a class or group.

For pupils and students the possibility to individually adjust the desks and chairs can improve ergonomics significantly. Ergonomics play a major part in decreasing pain and aches, improving the posture and maintaining the overall health of the back. Restlessness decreases because the position is natural and comfortable. Good posture at school means healthy backs in the future!

“ It does matter how you sit! When you have to sit, the best way to keep active is to sit on a two-part saddle chair that follows your movements. Even though you sit in a good position it is always good to have breaks and move as much as possible during your work day. Roll and reach on the chair, walk and talk while on the phone, exercise on the chair – your body will thank you. ”



# HOME

## Bring movement and activity into your life

Sitting right is very important also at home, because even regular exercise does not compensate the disadvantages caused by sitting. Sitting in a bad position affects the whole body: neck and shoulders get tense and sore, slow blood and lymph circulation cause swelling and even the bowel functions slower.

You can keep your body active and add movement into your day by Salli's products that are efficient and functional also at home. Many things that are usually done standing, like ironing or cooking, can also be done while sitting on Salli. This makes especially the life of senior citizens easier and safer. Improve your sitting position and teach also your family to take notice of their wellbeing by sitting correctly.



# INDUSTRY

## Also for special environments

Salli products are well-suited for demanding work environments. Chairs with polyurethane seats are available. Salli products can withstand heavy use.

On Salli Saddle Chairs it is easy to move around, while the 135-degree angle of the knees, and between the thighs and upper body guarantee good circulation. Because of the gap in the seat it is possible to maintain the good posture throughout the day; there is no uncomfortable pressure in the genital area.

When sitting on Salli you don't need to think about the working position but can concentrate on the actual work – work becomes more efficient.



# CHAIRS, ACCESSORIES & CHAIR PARTS



Salli Sway



Salli SwayFit



Salli Small SwayFit



Salli Chin



Salli TripleFit



Salli Small TripleFit

|  |               |               |               |               |               |                 |
|--|---------------|---------------|---------------|---------------|---------------|-----------------|
| <b>Sway mechanism</b>  | X             | X             | X             | -             | -             | -               |
| <b>Tilt mechanism</b>  | -             | -             | -             | X / -         | X             | X               |
| <b>Width adjustment</b>  | -             | X             | X             | -             | X             | X               |
| <b>Seat</b>  | Sway          | Sway          | Small SwayFit | Chin          | TripleFit     | Small TripleFit |
| <b>Upholstery</b><br>leather /<br>artificial leather,<br>unless stated otherwise |               |               |               |               |               |                 |
| <b>Gas spring</b><br>Mini, S M, L<br>Metallic/black,<br>unless stated otherwise  | Standard<br>M | Standard<br>M | Standard<br>M | Standard<br>M | Standard<br>M | Standard<br>M   |
| <b>Base</b><br>Ø 540 mm, standard<br>aluminium, unless<br>stated otherwise       |               |               |               |               |               |                 |
| <b>Castors</b><br>Ø 65 mm soft,<br>unless stated otherwise                       |               |               |               |               |               |                 |
| <b>Weight (kg)</b>   | 8.9           | 9.9           | 9.3           | 10            | 11            | 10.4            |
| <b>Allround</b><br>Ø 620 mm base   | X             | X             | X             | X             | X             | X               |
| <b>Elbow Rest</b><br>Ø 620 mm base   |               |               |               | X             | X             | X               |
| <b>Elbow Table</b><br>Ø 700 mm base  |               |               |               | X             |               |                 |
| <b>Stretching Support</b><br>Ø 620 mm base                                       |               |               |               | X             | X             | X               |
| <b>Foot Height Control</b><br>with special metallic<br>gas spring                | X             | X             | X             | X             | X             | X               |
| <b>Foot Support Ring</b>   | X             | X             | X             | X             | X             | X               |
| <b>Salli Expert</b>  |               |               |               | X             | X             | X               |
| <b>Salli Ultra</b>   |               |               |               | X             | X             | X               |



# CHAIRS, CHAIR PARTS & UPHOLSTERY



Salli Light



Salli Slim

|                               |                               |
|-------------------------------|-------------------------------|
| X / -                         | X / -                         |
| X / -                         | X / -                         |
| -                             | -                             |
| Light (Basic, Sway, Tilt)     | Slim (Basic, Sway, Tilt)      |
| black polyurethane            | black polyurethane            |
| Standard black M              | Standard black M              |
| Ø 540 mm black plastic        | Ø 480 mm mini plastic         |
| Basic 5.9, Sway 6.2, Tilt 7.6 | Basic 5.6, Sway 5.7, Tilt 7.1 |
|                               |                               |
| X (Light Tilt)                | X (Slim Tilt)                 |
| X                             | X                             |
| X                             | X                             |
|                               |                               |



Metallic and black. For three height groups: short (people below 160 cm), medium (160–180 cm) and long (180 cm and above).

\*For Salli Slim only



Useful tool set for detaching the gas spring from the base and the seat, without damaging the parts.

## Upholstery

### Genuine leather

Clean with products made for genuine leather furniture.



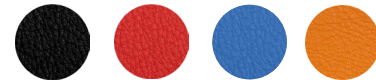
Black Red Blue



Wine Beige

### Artificial leather

Wipe away stains with a soft and dry cloth.



Black Red Blue Orange

### Fabric covers for Salli Slim and Light models



Black Red Blue Green Orange

# ACCESSORIES & CHAIR PARTS

## Bases



### Mini plastic

- Ø 480 mm
- Black
- For Salli Slim



### Standard aluminium

- Ø 520 mm
- Metallic or black
- For Salli Sway, Salli SwayFit, Salli TripleFit and Salli Chin



### Plastic

- Ø 540 mm
- Black
- For Salli Light



### Foot Support Ring

A perfect accessory for high workstations to support the feet. Recommended for temporary use only. Ø 460 mm.



### Foot Height Control

Allows the sitting height to be controlled without touching the lever by hand. Height control can still be operated also by hand. Very useful in hygienic environments. Foot height control comes with 2 size gas springs: S (max 160 cm tall) and L (160+)



### Salli Base

- Ø 560 mm
- Metallic
- Made in Finland



### Large aluminium

- Ø 620 mm
- Metallic or black
- For chairs with accessories



### Extra large aluminium

- Ø 700 mm
- Metallic with rubber pads
- For Elbow Table



### ErgoElbo

Can be attached to any table to reduce tension in the shoulders, neck and the upper back. Upholstered with black artificial leather. Width 67 cm, depth 22.5 cm.



### Nipsu

Support for elbows, wrists and mouse hand, suitable to be used with Salli desks (right or left hand). Black polyurethane.

## Cleaning the seat

### Leather

Vacuum-clean regularly. Leather stays clean and beautiful longer if wiped regularly with a damp cloth. Clean stains immediately. Use a damp cloth or paper towel with some water or mild cleanser. Special leather conditioners can also be used. Some dyed textiles might stain light-coloured leather.

### Artificial leather

Wipe away stains with soft and dry cloth.

### Polyurethane

Remove stains quickly by using slightly alkaline washing agents (max 5 % of alcohol). Wipe the surface with a moist cloth and lukewarm water, and wipe dry if necessary. Do not use strong alkalis, or bleaches such as chlorite, acetone, xylene, or strong vinegar.

## Castors



### Soft standard

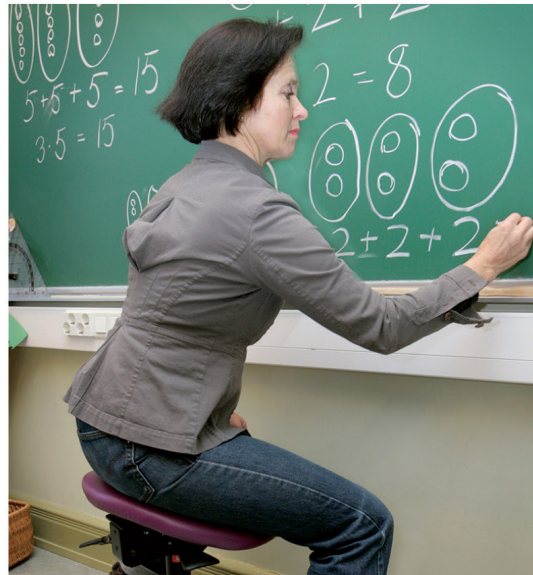
- Ø 65 mm
- For hard floors



### Manually lockable

- Ø 65 mm









- We are the market leaders in technical quality.
- We make chairs and furniture to last and benefit you for years.
- We do not compromise on materials but select the best and strongest available.
- We accept only premium level handcraft workmanship. That is why we, as the only saddle chair manufacturer in the world, have a serial number on our seats.

