



IN VIEW  
OF HEALTH

*Biomed moves you!*



**GERLACH  
TECHNIK**  
Lösungen für intelligente Fußpflege



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WORK BALANCE  
*Series*

„for my  
back health!“



“Ponso 1”



**BIOMED**  
*by Pending*





# COUNTERACT BACK PAIN

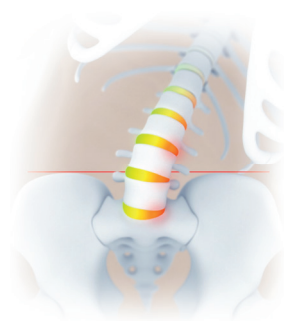
TOPIC

**Back complaints are among the top endemic health problems. Up to 80% of patients suffer from this!**  
**The majority of all sick notes (26.5%) occur because of musculoskeletal disorders.**

(Source BKK 2012)

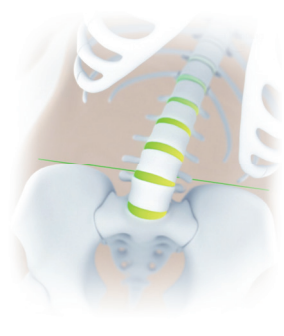
One main cause documented by many studies is sitting rigidly, statically and thus "constrained". That is why all notable physicians recommend more movement for the spine as a core task for prevention of injuries.

In many cases we sit about 6-8 hours daily at the workplace on a rigid seating surface in a virtually static posture. Over a longer period of time this creates an intermittent burden on our intervertebral discs, which in the long run often leads to great pain leading to spinal disc herniations.



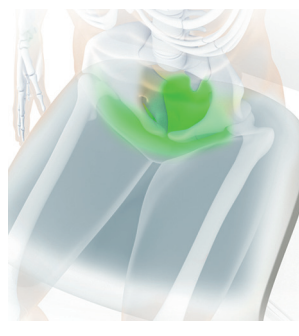
Conventional sitting on a rigid seating surface

High pressure on the spine



Multidimensional sitting on the Pending seating system

Less pressure on the spine



Additional benefit through the PonSo seating principle

Easing the burden on the ischial tuberosities and tailbone.  
Homogeneous shifting of pressure and distribution on the thighs



# YOUR MOVING BENEFIT

EFFECT

- Prevention and alleviation of back complaints
- Promotes working in a relaxed and healthy manner
- Enhances productivity and power of concentration
- Activates cardiovascular activity
- Reduces stress and tensions
- Reduces the risk of a spinal disc herniation
- Improved nutrient supply and easing the burden on intervertebral discs
- Development and preservation of synovial fluid
- Easing the burden on the spine and strengthening of muscle groups
- Enhancement of general well-being
- Additional easing of the burden on the ischial tuberosities and tailbone
- Less rotation of the lumbar spine
- Homogeneous distribution of pressure from the back to the thighs
- Reduces vertebral displacement by up to 50%

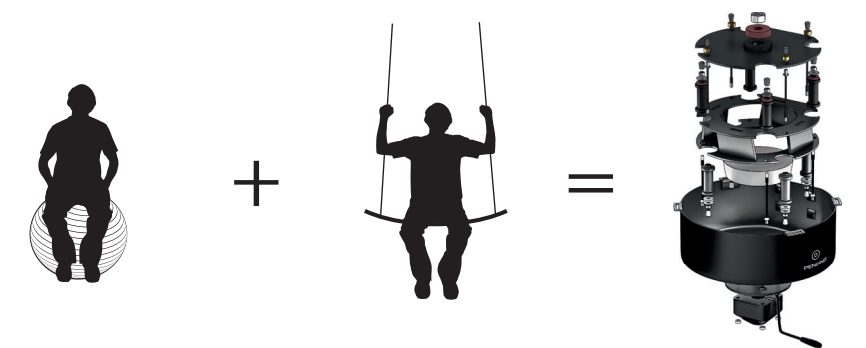
As a matter of principal, a human being is by nature not made for sitting, and absolutely not for long, static sitting. That is why the ideal adaptation of sitting to the needs of a human (movement capacity, clear breathing, no constriction of digestive organs, etc.) is necessary in order to avoid illness and pain. The goal today must be to contribute towards promoting and preserving a person's health as best as possible with the optimal "means for work" in accordance with the latest and best scientific findings with regard to the topic of chair and sitting.

This is documented every year through awards and the certification as a health product, and is always a new incentive for the team led by second generation managing director Christoph Pürner.

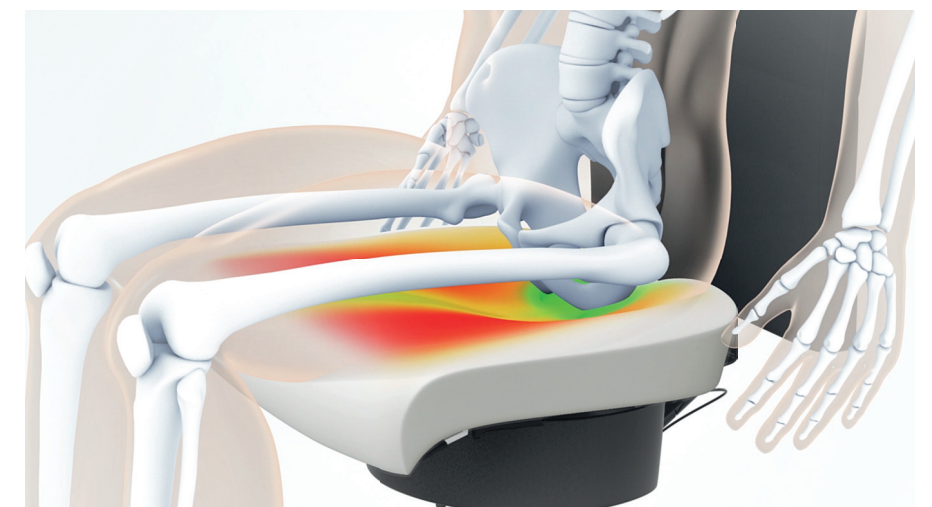


# WHAT GETS YOU MOVING

MULTIDIMENSIONAL SEATING SYSTEM  
+ PonSo seating principle



The patented swing system from PENDING guarantees you incomparable, active sitting. It offers you a combination of healthy sitting similar to sitting on a "medical exercise ball" and the automatic return / centring of the body to the middle, like when swinging on a swing or a pendulum.



The PonSo seating principle enables us to set the body weight in motion centrally over the two hip joints when sitting. The ischial tuberosities and tailbone are relieved in the process. The pelvis now follows its natural task again and slants during a movement. The PonSo seat minimises the pressure from the spine and intervertebral discs, and also moves all muscles when sitting.