ERGO-BALANCE: BACK-ACTIVE SITTING

Muscle tension and relaxation. This balance is the key to healthy sitting.
**Static sitting has negative results**
For a long time it has been no secret that people are not created for sitting. In daily office life, back problems are the most frequent causes of illness. In addition, the problems appear most commonly in the shoulder-neck area, as well as in the lumbar vertebral area.

**MUSCLE TENSION AND RELAXATION. THIS BALANCE IS THE KEY TO HEALTHY SITTING.**

The micro movements of the muscles have a great influence on one’s physical performance, since the metabolism of the whole body is stimulated in this manner. The intervertebral discs are also supplied with fluid through body movement. Micro movement means that the muscles work with the smallest contractions – imperceptibly several times per second.

In therapy, we provoke micro movements with the aid of the balance board to reactively exercise the supporting muscles. This method is used in the stabilisation of the core muscles.

What could be more obvious than to transfer this important training effect into the everyday office life of the sedentary person to increase physical and mental fitness in a natural way?
Andreas Sperber
Head Physiotherapist
at the Schwarzwald Klinik,
Bad Rippoldsau, Germany

If intervertebral discs are not being supplied, they dry up. The fibrous rings become fragile and brittle like crispbread. Strains cause the fibrous rings to wear down and result in a slipped disc.

The intervertebral discs can only be supplied with fluid by movement. Those who sit statically or, when sitting, only have limited movement, risk the intervertebral discs drying out. The discs become fragile and brittle.

- In the long term, a one-sided load wears down the fibrous rings around the intervertebral disc nucleus – bit by bit.
- This leads to a break in the fibrous rings and, with it, a slipped disc.
- Only varied movement, changing seat positions and a chair that allows and promotes movement will help to counteract this.
Complete freedom of movement: this principle of active sitting is perfectly implemented by ROVO’s new ERGO-BALANCE mechanism. The technical basis of every ERGO-BALANCE chair is a synchronous mechanism which allows the back to be stretched as usual by leaning backwards and which relieves strain from the intervertebral discs.

The fully-integrated ERGO-BALANCE system with two different elastomers is new to the mechanism. This works in the same way as a natural intervertebral disc and makes the seat and back of the office chair movable through 360°. The compact construction of the mechanism places the flex level directly beneath the seat. As a result, small pelvic movements become possible with activation of the back muscles.

The special feature: the seat and back move along with every body movement – and in every direction, too.

The dynamic counter-pressure of the ERGO-BALANCE system gives secure support to the body in every sitting position.

ERGO-BALANCE technology
functions like an intervertebral disc, making the chair movable in all directions.

**ERGO-BALANCE: THE 3-DIMENSIONAL SEATING DYNAMICS STIMULATE MOVEMENT**

- Activates the back muscles
- Promotes circulation and stimulates the metabolism
- Relieves strain on the spinal column and intervertebral discs
- Promotes the elasticity of the intervertebral discs
- Encourages a change in sitting posture
- The controlled seat dynamics give optimal support in all directions

+ Optional with AIR PLUS, the height- and depth-adjustable lumbar support

= The optimum for supporting health
Similar to a balance board, the ERGO-BALANCE mechanism activates the micro movements of the muscles and, at the same time, provokes spontaneous posture changes. This corresponds to a natural interplay of movement animation and freedom of movement, with all the positive effects:

In addition, movement improves the circulation and oxygen supply. It's great fun and keeps office workers physically and mentally active!

We keep you moving – even when sitting!
ROVO XT ERGO-BALANCE

Standard equipment:
- ERGO-BALANCE synchro mechanism
- Tension control to suit body weight
- Seat depth adjustment
- Seat height adjustment
- Backrest with mesh black (model 3010), backrest upholstered (model 3020)
- Plastic base black
- Dual wheel castors for soft flooring (standard) or for hard flooring according to DIN 12529
- 5 Years ROVO warranty

Accessories:
- Seat height adjustment with shock absorbing system in lowest seating position
- Armrests type XT2 or XT 4
- Lumbar support height adjustable (model 3010)
- Lumbar support height and depth adjustable AIR PLUS (model 3020)
- Aluminium base polished or powder coated silver
- Backrest cushion in different fabric

XT and XP optional with AIR PLUS system:
AIR PLUS was developed by ROVO. This orthopedic air cushion lumbar support system can be individually adjusted by the use of a hand pump.
AIR PLUS is available for most models as an option. The chair supports a healthy sitting posture and prevents back problems.
Standard equipment:
- ERGO-BALANCE synchro mechanism
- Tension control to suit body weight
- Seat depth adjustment
- Seat height adjustment
- Plastic base black
- Dual wheel castors for soft flooring (standard) or for hard flooring according to DIN 12529
- 5 Years ROVO warranty

Accessories:
- Seat height adjustment with shock absorbing system in lowest seating position
- Armrests type XP2 or XP4
- Lumbar support height and depth adjustable AIR PLUS
- Head pad for models 4015 and 4020
- Headrest in artificial leather black for model 4030
- Aluminium base polished or powder coated silver
- Backrest cushion in different fabric
The brand ROVO stands for a wide range of products, with independently developed based sitting concepts. In exchange ROVO CHAIR maintains collaboration with independent designers and ergonomists. The band width ranges from the representative executive chair on a wide range of office chairs, to growing child’s chairs, youth chairs. Typically for southern Germany, is the most developed and even invented by ROVO CHAIR itself. Correspondingly a large number of patents on innovation is around the construction of office chairs.

We help you remain active – while seated and elsewhere!

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