Tronhill



GABRI
ERGO SPINE

INSTRUCTIONS FOR PROPER USE OF
ERGONOMIC FUNCTIONS

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1 Sitting Position.
Sit deep in the chair so that your pelvis touches the backrest and your weight rests on the sitting bones. If you feel your weight sliding onto the sacrum or lower back – move deeper into the chair and press your pelvis against the backrest.

2 Handle System.
Grip the handles at the back of the chair or place your palms behind them. Your palms must be facing the backrest in both positions (!) - this helps correct rounded shoulder posture.

3 Inter-scapular Air Cushion.
Recline the backrest fully backwards. Using the special pump, inflate the cushion to the desired firmness. Then adjust the height of the backrest so that the cushion is positioned between the shoulder blades (raise the backrest upward step by step until it clicks into the correct position).

4 Unstable (Floating) Seat.
Inflate the seat cushion with the special pump until you feel distinct bulges under your sitting bones. The seat should become elevated and unstable. Ensure that your feet are firmly on the ground – if not, adjust the chair height. Also check whether the armrest height allows you to keep your elbows bent at a 90° angle; if needed, readjust.

Additional Functions:

5 Lumbar support.
Using the special rotary knob, you can increase lumbar support, which helps maintain a neutral lumbar curve.

6 Pelvic tilt adjustment.
By releasing the seat with a special lever, you can adjust the pelvic position for individual comfort – selecting either an anterior or posterior pelvic tilt.

Contraindications

The Inter-scapular Air Cushion function is not recommended for individuals with “flat back” posture, lacking the natural thoracic kyphotic curve, or with a flat chest.

All chair functions may only be used if they do not cause discomfort or pain. If such sensations occur, using these functions is not recommended.

For those wishing to discuss their individual musculoskeletal condition, we invite you to register for a paid consultation with the Spine Treatment Center specialists via email: info@stuburas.lt

