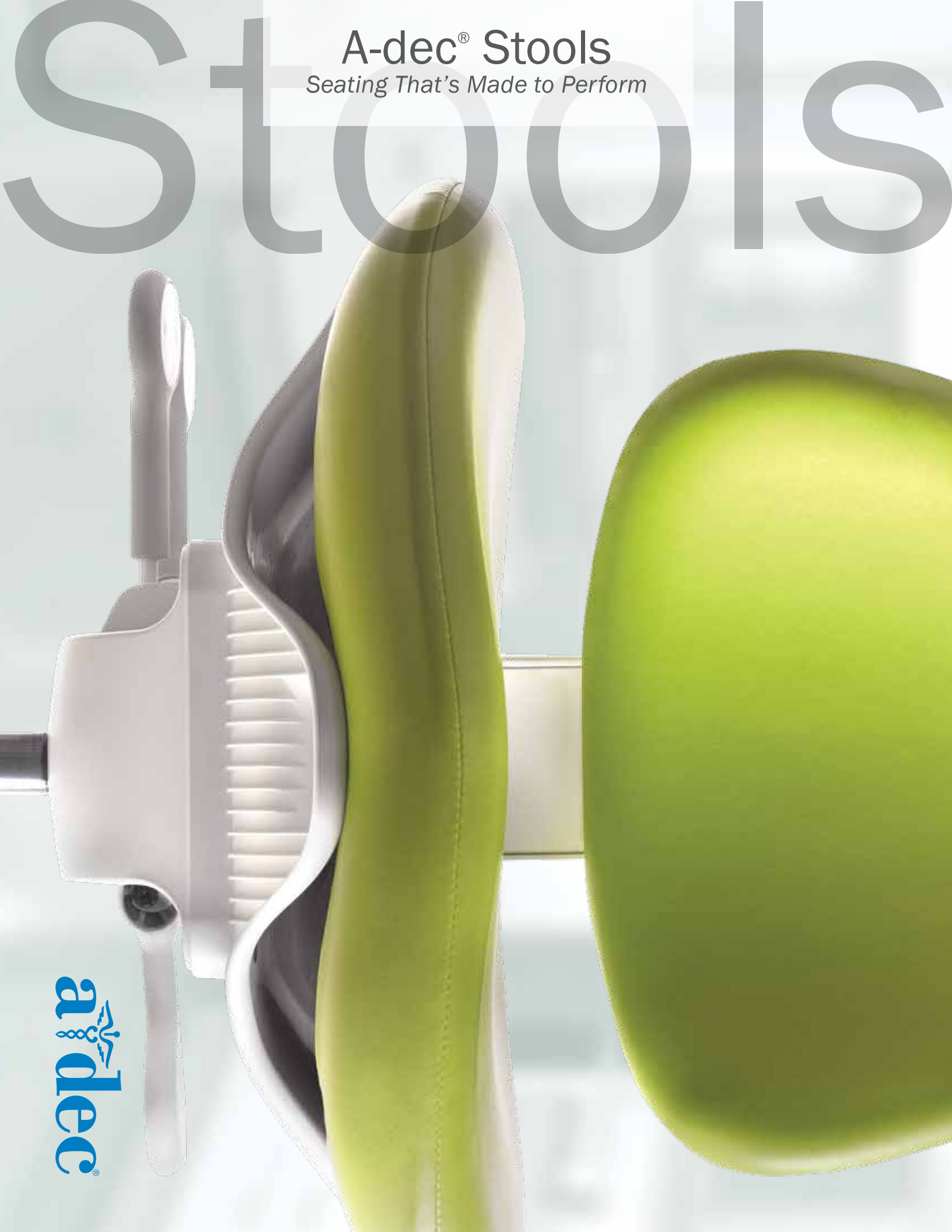
A-dec® Stools

Seating That's Made to Perform



A-dec 500
Performance Stools.

Ultimate Comfort for the Dental Team

You provide the best care for your patients when you're able to work comfortably. Now, a unique ergonomic seating solution allows you to do just that. The A-dec 500.

With years of research behind it, the innovative A-dec 500 stool is strategically engineered to help you feel your best, so you can perform your best.

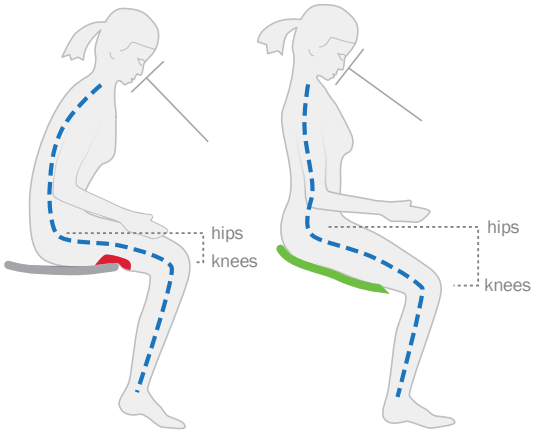
A-dec 521 Doctor's Stool

A-dec 522 Assistant's Stool

Stools That Support Healthy Posture.

A-dec 500 stools were designed to conform and move with your body. Take the dynamic seat for example. Everything from the suspension frame to the flexible, body-conforming materials are there for a purpose. Comfort. Easy-to-access paddles complete the customization and help you maintain ergonomically healthy posture throughout the day.

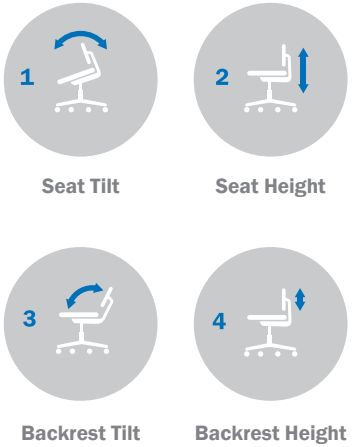
Healthy Seated Posture



standard seat dynamic seat

Our answer to your ergonomic needs begins with adjusting the way you sit to avoid a damaging C-shaped spine. This healthy sitting posture is referred to as an "athletic stance." When you sit with hips above the knees and the backrest raised low and forward, your spine is able to maintain a healthy S-shape. The dynamic seat lets you enjoy both comfort and improved performance.

Four Points of Adjustability



Seat Tilt Seat Height

Backrest Tilt Backrest Height

Correct posture reduces stress on joints and spine, and provides better circulation for feet and extremities. A-dec 500 stools have easy-to-follow numbered paddles that encourage incremental customized adjustments throughout the day—especially important if there are multiple users.

Dynamic Seating System

Three layers of flexible seating conform to your every shift and move:

1. **Cushion Foam** (top layer) - Forms a final tier of comfort.
2. **Comfort-flex Armature** (middle) - Creates a body-conforming surface, based on four performance zones.
3. **Flex Frame** (base) - Supports large scale movements.

A-dec 500 Stools

Dynamic Support

Our feature-rich A-dec 500 stools have a dynamic seating system with unique performance zones that mold to the shape of the body. These performance zones work in unison to keep you supported while you shift, lean and work. Other features, such as the contoured backrest, cradle the spine for ultimate comfort. With A-dec's ergonomic seating solutions, you can focus on what's most important—your patients.

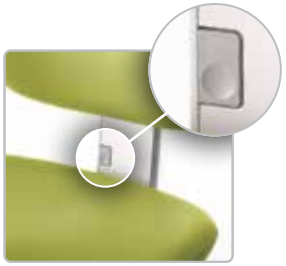
	Doctor's Stool A-dec 521	Assistant's Stool A-dec 522
Dynamic seating system	•	•
Whisper quiet casters	•	•
Contoured backrest	•	optional
Seat tilt adjustment	•	only with optional backrest
Swing-out armrests	optional	
Height-adjustable foot ring		•
Foot pedestal		optional
Weight capacity	350 lbs	350 lbs

A-dec 522
Assistant's Stool

A-dec 521
Doctor's Stool

Whisper Quiet Casters
The design provides smooth, ultra-quiet movement on both carpet and hard flooring.

Adjustment Controls
Numbered paddles are easy to access for quick adjustments and easy cleaning.

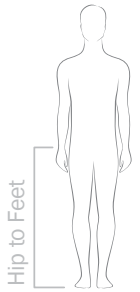


Backrest Height Control
A push button makes access and one handed adjustments easy.

A-dec 521 Doctor's Stool
Find the Right Height

To choose the right stool height, measure from hips to the feet.

Above 34" - Choose tall cylinder
Under 34" - Choose short cylinder



A-dec 500 Stools
Options & Accessories

A-dec 522 Assistant's Stool with Optional Foot Pedestal and Backrest

Optional Foot Pedestal

Replaces foot ring to better distribute weight from the seat to the feet for an "athletic stance."

A-dec 521 Doctor's Stool with Optional Swing-out Armrests

Optional Swing-out Armrests

Three adjustments—width, height and rotation—give you greater support and mobility.

- Rest your arms while working in the oral cavity
- Slide armrests out of the way with ease
- Adjust armrest height

A-dec 400 Stools

Iconic Durability

You deserve comfort from seating that's also going to last. For years, our durable seating solutions have been helping dental practitioners sit in a healthy supported position. Features such as the anatomically shaped backrest, adjustable torso support, rolled seat edges and ergonomic tilt, reduce disc pressure and muscle pain.

Select sewn or formed upholstery in an extensive color palette that's sure to complement your office. Make your next seating investment with A-dec—we're here to support you.

	A-dec 421 Doctor's Stool	A-dec 422 Assistant's Stool
Contoured backrest	•	
Contoured seat	•	•
Ergonomic tilt	•	
Adjustable torso support		•
Easy-to-reach adjustment levers	•	•
Height-adjustable foot ring		•
Weight capacity	250 lbs	350 lbs

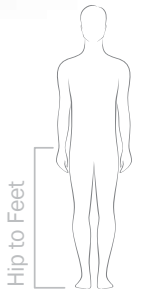
Note: A-dec 400 stools do not have the dynamic seating system that is standard in the 500 stool line.

A-dec 421 Doctor's Stool

Find the Right Height

To choose the right stool height, measure from hips to the feet.

Above 32" - Choose tall cylinder
Under 32" - Choose short cylinder



Upholstery and Color Options

All About Hue

Use color to create an office that truly reflects your personality. Select from a wide variety of colors in either formed or sewn upholstery for A-dec 421 and A-dec 422. Sewn only options available for A-dec 521 and A-dec 522.

Sewn Upholstery *(available for A-dec 500 and A-dec 400 Stools)*

Actual colors may vary. See your authorized A-dec Dealer for color samples and the most current product information.

Formed Upholstery *(available for A-dec 400 Stools)*

Order Your Samples at a-dec.com/Color

Reliable Creative Solutions

FOR DENTAL PROFESSIONALS WORLDWIDE

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MORE THAN A WARRANTY. IT'S A COMMITMENT.

At A-dec, our focus is on making dentistry better—which includes superior customer service along with superior dental products. Your A-dec operatory equipment is backed by a ten-year warranty, and a lifetime of customer support. We'll be here today, tomorrow, and well into the future. That's our commitment to you.
For complete details, including exclusions, visit: a-dec.com/legal/warranty

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