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 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.

**Stools That Support Healthy Posture.**

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.

**Healthy Seated Posture**

- **standard seat**
- **dynamic seat**

**Four Points of Adjustability**

1. **Seat Tilt**
2. **Seat Height**
3. **Backrest Tilt**
4. **Backrest Height**

**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.

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.
**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.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Doctor’s Stool</th>
<th>Assistant’s Stool</th>
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<tr>
<td>Dynamic seating system</td>
<td>•</td>
<td>•</td>
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<tr>
<td>Whisper quiet casters</td>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>Contoured backrest</td>
<td>•</td>
<td>optional</td>
</tr>
<tr>
<td>Seat tilt adjustment</td>
<td>•</td>
<td>only with optional backrest</td>
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<tr>
<td>Swing-out armrests</td>
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<td></td>
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<tr>
<td>Height-adjustable foot ring</td>
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<tr>
<td>Foot pedestal</td>
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**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 522 Assistant’s Stool**
Optional Foot Pedestal
Replaces foot ring to better distribute weight from the seat to the feet for an "athletic stance."

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.

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

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

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

- sky
- riviera
- st. john
- pacific
- blueberry
- diplomat blue
- cyan
- parrot
- arugula
- poseidon
- lapis
- plum
- fuchsia
- vivid punch
- apricot
- campfire
- pecan
- curry
- salt
- chamois
- shore
- papyrus
- sable
- cave
- arctic
- timberwolf
- granite
- charcoal
- schooner
- ebony

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)*

- sky blue
- indigo
- sapphire
- amethyst
- lemongrass
- paprika
- hazelnut
- tawny
- driftwood
- black

Order Your Samples at a-dec.com/Color
To learn more about A-dec’s ergonomic seating or to request a complementary ergonomic assessment visit a-dec.com/500stools.

The colors and products shown may vary from the actual materials and are subject to change without notice. Please see your authorized A-dec dealer for accurate color samples and the most current product information.

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