



# Posturedontics *Ergo-News*

The Comprehensive Wellness Resource for Dental Professionals

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## Which Exercises Prevent Pain?

Issue #14

### Greetings!

I realize it has been some time since my last newsletter, and I've received numerous requests from readers asking if they missed Newsletter #14. No, you did not miss it, and I am thrilled to tell you why....

I have been writing, producing and directing the **NEW SECOND EDITION** of the ***Smart Moves for Dental Professionals On the Ball Home Exercise DVD***. This new DVD is based on the latest research on low back pain, neck pain, dental ergonomics and exercise physiology. It offers 3 complete workout routines, carefully selected new exercises and updated narration. I am so excited about this new DVD and the potential it has for helping so many dental professionals prevent and manage pain syndromes. Most of you know I am not one to brag on my products, but I must say that, in a nutshell, this DVD is...awesome!

I hope you enjoy the *Ergo-News*, and find the interventions helpful!

*Bethany Valachi, PT, MS, CEAS*

*Dental Ergonomic Consultant/Lecturer/Physical therapist*



## EXERCISE FOR DENTAL PROFESSIONALS WHAT DOES THE RESEARCH SAY?

The research on exercise is constantly bringing us new information, which means that the specific exercise needs of dental professionals must also be updated and addressed. This is why I have completely re-written and re-shot the *Home Exercise DVD* for Dental Professionals.

Unfortunately, many generic and commercial-driven programs are still advocating techniques and regimens that can be harmful to dental professionals' health. Let's take a look at what the most revealing studies from recent years are telling us:

### **Swiss Exercise Ball: An Effective Exercise Aid that Decreases Pain**

Studies show that exercises performed on

**NEW!**  
[Smart Moves for Dental Professionals On the Ball Home Exercise DVD](#)

**INTRODUCTORY \$20 DISCOUNT THROUGH APRIL**  
(Enter code [OTB2012 on check-](#)

out)

## **UPGRADE DISCOUNT**

For owners of the 1st edition On the Ball DVD or VHS!!

**PREVENT PAIN AND  
WORK LONGER WITH  
LESS DISCOMFORT &  
FATIGUE**

Updated 2nd Edition based on the latest research in:

- Low Back Pain
- Neck Pain
- Exercise Physiology
- Dental Ergonomics
- Seated Biomechanics

Features

### **3 Complete Workouts**

on one DVD!

-Stretching routine  
-Two Muscular Endurance Training routines

### **BONUS**

**10-MINUTE TIME-  
SAVER WORKOUT**

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the Swiss ball elicit more muscle activity than when performed on a stable surface (Duncan 2009). Also, the exercise ball has been shown to a very effective tool in rehabilitating low back pain (Marshall 2006). What's more, the exercise ball is an inexpensive and easy way to perform effective workouts in the comfort of your own home.



Side Lift Exercise (from the New *On the Ball* Home Exercise DVD)

**Stretching Improves Strength?** You've got to be kidding! Believe it or not, it's true--static stretching leads to better strength and endurance, which improved specific exercise performance, according to a Louisiana State University study. Of course stretching won't take the place of resistance training or aerobics, but it does show benefits on a much smaller scale. (Kokkonen, Nelson 2007) Having said that, whether performed before, during or after vigorous exercise, stretching does NOT appear to reduce post exercise soreness (Herber, Noronha, et al. 2011).



Lumbar Stabilization Exercise (From New *On the Ball* Home Exercise DVD)

**Pilates & Low Back Pain** A study of patients with chronic low back pain found that the Pilates program did not improve functionality or pain levels any better than traditional lumbar stabilization exercises. (Pereira, Obara 2011). In fact, many Pilates moves can actually worsen existing muscle imbalances in dental professionals, including lifting the head off the floor for long periods of time and reaching overhead to push/pull.

**How Effective is Exercise in Preventing Back & Neck Pain?** VERY! In a study evaluating different preventive interventions for back and neck pain, (including ergonomics, lumbar supports, exercise and education), only *specific exercises* provided enough evidence to conclude that they are an effective preventive intervention. (Linton, vanTulder 2001) Stabilizing exercises focused on improved muscular endurance is particularly protective against low back pain. (McGill 2002) This is why our new Home Exercise DVD teaches muscular endurance training and is a cornerstone of our injury prevention education.

### **Tight Hamstrings can Flatten your Back-**

In seated occupations, such as dentistry, where you sit with the knees in a flexed position, tight hamstrings can actually flatten or reverse your low back curvature! Those who have

Why not forward it now?

## Upcoming Lectures

[April 20, 2012](#) -  
Select Study Club,  
Newburgh, IN

[April 23, 2012](#) - Colorado  
Prosthodontics Society,  
Denver, CO

[May 5, 2012](#) -  
CDA Presents....  
Anaheim, CA

[May 17-19, 2012](#) -  
Irish Dental Association  
Annual Conference,  
Killarney, Ireland

[May 25, 2012](#) -  
Belgian Endodontic  
Society, Brussels,  
Belgium

[June 25, 2012](#) -  
ADHA 89th Annual  
Session, Phoenix, AZ

[July 20, 2012](#) - Ninth  
District Dental Society,  
League City, TX

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attended my lecture or read [Chapter 2 of my book](#) understand the potential damage that can result. What can you do? Stretch your hamstrings--both chairside and at home! (Stokes, Abery 1980)

- Extend one leg until knee is straight
- Keep back straight and lift chest up
- Pivot forward from the hips until you feel a stretch at the back of your thigh.
- Hold for 30-40 seconds.



Seated Hamstring Stretch  
(from New *On the Ball*  
Home Exercise DVD)

**Sit-ups May be Damaging** Full sit-ups were a cornerstone of fitness regimens for decades in the 1960-80s. Luckily, the healthcare system 'woke up' and realized this prescription may be damaging the backs of many people--not improving their health. You are actually strengthening the hip flexor muscles during the last half of this exercise! A healthier alternative is a partial crunch, where only the shoulder blades (or one shoulder blade) are lifted off the floor and briefly held. This produces plenty of resistance for the abdominal muscles without creating strain on the low back. (McGill 2002).



External Rotation Exercise  
(from New *On the Ball* Home  
Exercise DVD)

**Elastic Band or Dumbbells** - I'm often asked by male dentists if dumbbells don't give them a better workout than elastic bands. The answer is a resounding 'NO', in fact, the muscle activation obtained by both are comparable. (Andersen, Andersen 2010) So feel free to 'mix it up' for variety if you'd like! You should, however, progress from lighter resistance bands (yellow) to higher resistance bands (red) when the exercise feels too easy.

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[Posturedontics, LLC](#) was developed by a dental ergonomic consultant/physical therapist and clinical dentist to provide dental professionals with quality, research-based ergonomic education, products and resources. We value your input and ideas for future newsletters.

Please send us your ergonomic success stories!

