

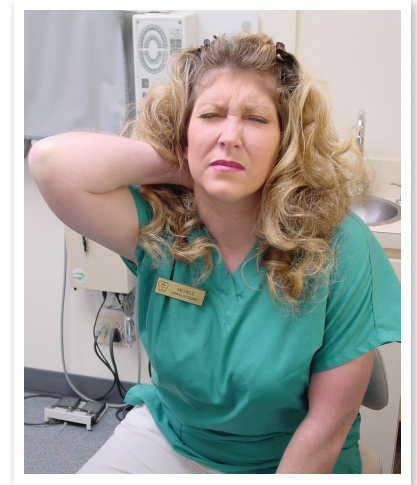
DEMYSTIFYING PAIN AMONG WOMEN in DENTISTRY:

ESSENTIAL ERGONOMIC & WELLNESS GUIDELINES

Half day course

Female dental professionals experience a higher prevalence and severity of occupational pain than their male counterparts, with the most problematic areas being the neck (up to 87%) and shoulder (up to 76%) followed closely by hand and wrist pain.

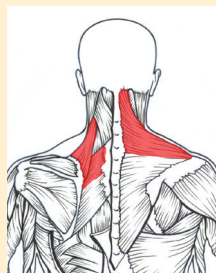
This research-based seminar for women dental professionals bridges the gap between dental ergonomics and work-related pain so you can work more comfortably, increase productivity and extend your career. Through lecture, demonstration and participation, women dental professionals will learn the unique muscle imbalances to which they are prone, and how these can be improved through proper posture, movement, equipment selection, adjustment and operator layout. Attendees will walk away with evidence-based techniques they can apply immediately in the operator.



Add **Fitness 101 for Dental Professionals** after this course to make a full day lecture.

COURSE OBJECTIVES

- ✓ Understand why women experience more pain than men
- ✓ Identify how muscle imbalances can cause neck and shoulder pain among female dental professionals
- ✓ Identify and implement interventions for pain syndromes that are common among female dental professionals, including osteoarthritis of the thumb, hip pain, carpal tunnel syndrome, thoracic outlet syndrome, rotator cuff tendinitis, DeQuervains, lateral epicondylitis & tension neck syndrome
- ✓ Implement gender-specific ergonomic guidelines to properly select and adjust delivery systems, stools and chairs depending on operator size, job-type and operator size
- ✓ Identify & correct ergonomic positioning challenges that lead to neck and shoulder pain in women and implement modifications during pregnancy
- ✓ Learn why female dental professionals require specific strengthening guidelines



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