

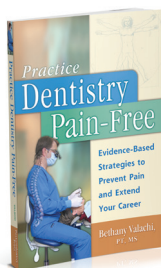
Five out of six dental hygienists experience work-related pain that can progress to an injury or a career-ending disability

WOULD YOU LIKE TO HELP YOUR ATTENDEES:

- ✓ **Extend** their careers
- ✓ **Increase** productivity

- ✓ **Prevent** injuries
- ✓ **Improve** their quality of life?

BETHANY VALACHI, PT, MS, CEAS Recognized internationally as a dental ergonomics expert, Bethany has helped thousands of dental professionals prevent pain and extend their careers with her passionate & engaging research-based seminars which consistently pack the room, often leaving **standing room only!** **Clinical instructor of ergonomics at OHSU School of Dentistry**, she also works with numerous dental and hygiene schools to improve ergonomics curriculum.



Bethany has been invited to lecture at more than 300 dental meetings worldwide, including the **ADHA, RDH Under One Roof** and the **Asia Pacific Dental Congress** in **Dubai, UAE**.

Her book, *Practice Dentistry Pain-Free* has been distributed worldwide, and her dental ergonomic and wellness DVDs are popular throughout Australia, Europe and North America.



EVIDENCE-BASED ERGONOMIC SEMINARS ORIGINAL, CAPTIVATING & POWERFULLY EFFECTIVE!

As a physical therapist married to a dentist, Bethany brings a unique blend of skills to her audiences. Her dynamic seminars captivate audiences by weaving research-based ergonomic interventions with **humor, audience participation, real-life stories** and **demonstrations**. This is truly life-changing education that is essential for any team member concerned with their musculoskeletal health and career longevity.



[VIEW A DEMO VIDEO](#)

“Thank you for an excellent lecture. Yesterday was the first day in months that I have come home from work without pain!”

—EIMEAR MITHEN, RDH, Killarney, Ireland

“This was the most beneficial course I have ever taken and should be part of the dental hygiene curriculum.”

—EVA SLATKIN, RDH, Baltimore, MD

Recognized by *Dentistry Today* as a
Leader in CE for the past 10 years!

AGD PACE Provider

Certified Ergonomic Assessment Specialist (CEAS)

National Speakers Association member (NSA)

— Sponsorship Available —



Bring Bethany to your dental meeting!

(503) 291-5121

bvalachi@posturedontics.com

www.posturedontics.com



SEMINARS

Practice Dentistry Pain-Free

Evidence-based Strategies for a Long & Healthy Career

Fitness 101 for Dental Professionals

Secrets for Comfort & Career Longevity

Demystifying Pain among Women in Dentistry

Essential Ergonomic & Wellness Guidelines

Scopes, Stools & Saddle Stools

Are they Improving or Worsening your Health?

Hygiene Shouldn't be a Pain in the Neck!

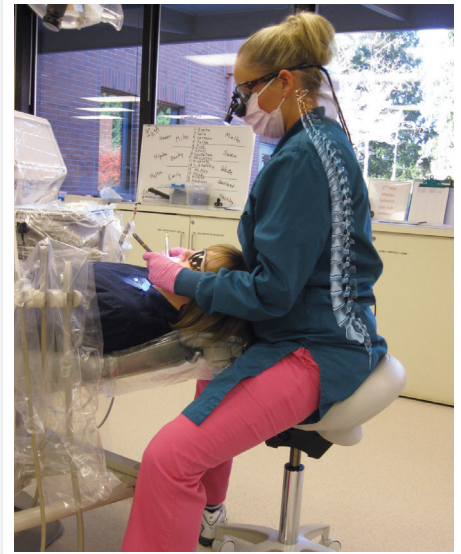
Optimize & Ergonomize Your Front Office

HYGIENE SHOULDN'T BE A PAIN in THE NECK

Half day lecture for dental hygienists

A staggering 80% of hygienists who retire early are forced to, due to work-related pain. This research-based seminar for dental hygienists fills a void in the dental education—bridging the gap between dental ergonomics and work-related pain. Discover how equipment selection, adjustment, movement and positioning are affecting your physical health. Implement effective prevention and self-treatment strategies based on clinical experience and research. Hygienists will walk away with techniques they can apply immediately in the operator to reduce work-related pain, prevent injury and increase career longevity.

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



COURSE OBJECTIVES

- ✓ Discover how muscle imbalances can cause neck and shoulder pain among female hygienists and ergonomic interventions & effective treatments
- ✓ Learn the 3 ergonomic criteria to select dental loupes that will improve your neck health...not make it worse!
- ✓ Implement essential positioning guidelines for hygienist, patient, chair, headrest and lighting for treating different areas of the mouth
- ✓ Incorporate the use of special positioning aids to treat difficult patients
- ✓ Learn how to 'ergonomize' the operator with minimal expense
- ✓ Identify ergonomic criteria for selecting and adjusting operator stools, instruments and delivery systems



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FITNESS 101 for DENTAL PROFESSIONALS

SECRETS FOR COMFORT & CAREER LONGEVITY

Half day course for the entire dental team

The delivery of dental care is demanding on the body. Dental professionals are prone to unique muscle imbalances and require special exercise, postural techniques and fitness guidelines to avoid pain syndromes, injury or early retirement. This research-based seminar that Bethany delivers with energy and humor will provide attendees with knowledge that they can apply immediately to improve their (and their patient's) overall health. Designed to follow **Practice Dentistry Pain-Free**, but it is not a prerequisite!



COURSE OBJECTIVES

- ✓ Learn why dental professionals require specific exercise guidelines and how to incorporate a balanced exercise program developed specifically for dental professionals
- ✓ Identify generic exercises that can actually create & worsen pain syndromes
- ✓ Incorporate chairside stretching into the workday
- ✓ Identify painful trigger points in patients that manifest as a 'muscular toothache'
- ✓ Perform self-treatment techniques for painful trigger points in the neck/shoulder
- ✓ Implement a 6-step sequence for effectively managing & preventing chronic pain
- ✓ Identify criteria for selecting the right health care professional for specific pain symptoms
- ✓ Discover optimal sleeping & driving postures, and positioning aids
- ✓ Learn how to combat the detrimental physical effects of stress



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LECTURES and PUBLICATIONS

Bethany has been invited to lecture at **over 300** dental conferences, societies, study clubs and schools internationally.



A creative photographer in Kerry, Ireland made Bethany look like a 'queen'!

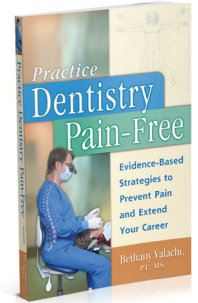
PREVIOUS LECTURE ENGAGEMENTS

(PARTIAL LIST)

Asia Pacific Dental Congress–Dubai, UAE
International Dental Ergonomics Congress–Krakow, Poland
Belgian Endodontic Society–Brussels, Belgium
Irish Dental Association–Killarney, Ireland
Journées dentaires internationale du Québec–Montreal, QB, Canada
Jamaica Dental Association–Montego Bay, Jamaica
Seattle Study Club Annual Symposium–Cancun, Mexico
ADA Annual Session–Multiple cities
Chicago Mid-Winter Meeting–Chicago, IL, USA
American Association of Endodontists–Multiple cities
CDA Scientific Session–Los Angeles & San Francisco, CA, USA
Hinman Dental Meeting–Atlanta, GA, USA
RDH Under One Roof–Chicago, IL, USA
ADHA Annual Session–Multiple cities
Toronto Annual Winter Clinic–Toronto, ON, Canada
Rocky Mountain Dental Conference–Denver, CO, USA
New York University College of Dentistry–New York, NY, USA
Star of the North–Minneapolis, MN, USA
The TEXAS Meeting–Dallas, TX, USA
Star of the South–Houston, TX, USA
Yankee Dental Congress–Boston, MA, USA
University of Alberta Dental School–Edmonton, AB, Canada
Baylor Dental School–Dallas, TX, USA

PUBLICATIONS

BOOK *Practice Dentistry Pain-Free: Evidence-based Strategies to Prevent Pain & Extend Your Career* (2008)

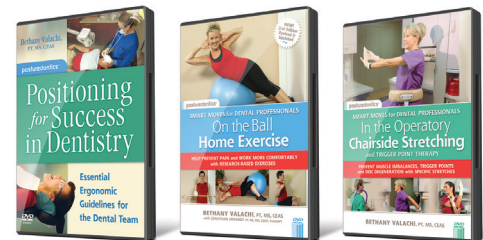


DVDs *Positioning for Success in Dentistry* (2010)

Smart Moves for Dental

Professionals On the Ball—Home Exercise DVD (2012)

Chairside Stretching & Trigger Point Therapy DVD (2003)



ARTICLES

Over 60 articles in dental journals, including:

- JADA—Journal of the American Dental Association
- Inside Dentistry / Inside Dental Assisting
- Dentistry Today
- ADA Professional Product Review
- Dental Economics
- RDH Magazine
- Dental Practice Report
- Australian Dental Practice
- Woman Dentist Journal
- CDA Journal



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TESTIMONIALS

The following testimonials are from meeting planners & attendees. Use these testimonials on your marketing materials to pack the room at your next event!

“Your course has saved & extended my dental career. Rather than undergo surgery, I decided to take your seminar. Your advice has been golden. Thank you! Thank you!”

– PAGE BARTON, DDS, Lansing, KS, USA

“I was amazed at Bethany’s knowledge on operative microscopes and ways to make economical ergonomic modifications to them. She received the longest ovation of any speaker for our dental society.”

– JEAN PIERRE-SIQUET, Endodontist, Meeting Planner, Brussels, Belgium



“Thanks to your recommendations, I am now working with absolutely no pain and production is up 50% over what I was doing 2 years ago. Thank you so very much!!”

– STEPHEN KUENNEMEIER, DDS, Cincinnati, OH, USA

“This was one of the most relevant and well received lectures in our 7 years as a study club. Bethany took a potentially dry topic and made it entertaining, educational, and practical. Thank you for sharing your knowledge with us!”

– DAVID W. ENGEN, DDS, MSD, Diplomate, American Board of Periodontology

“Great course content, excellent instructor. It’s about time! This information has been badly needed in dentistry. Finally someone has pulled it all together.”

– ALLAN TRONSET, DDS, Seattle, WA, USA

“If you wish to hire a speaker who makes the meeting planner look good, this is the one.”

– LINDA MILES, CEO,
Virginia Beach, VA, USA

Awesome!! ☒
EXCELLENT ☐
GOOD ☐
AVERAGE ☐
POOR ☐



“Thank you for an excellent lecture. Yesterday was the first day in months that I have come home from work without pain!”

– EIMEAR MITHEN, RDH, Killmoy, Ireland

“Ever since attending your lecture at the Jamaica Dental Conference this year, I have adjusted my posture and seating positions with much positive success! It is all very much appreciated.”

– YUNUS IBRAHIM, BSC, DDS, Jamaica

“Your energetic lecture delivered with humor and honesty was excellent.”

– MARY WILSON, Meeting Planner, Upper Island Dental Society, British Columbia

“This was the most beneficial course I have ever taken and should be part of the dental hygiene curriculum.”

– EVA SLATKIN, RDH, Baltimore, MD, USA

“Still feeling better and better...thanks to your lecture. It is a great thing not to be in pain every day. I believe you are spot-on with your program.”

– GARY WILLIAMS, DDS, Houston, TX, USA

“It is rare to attend a lecture that provides a lot of information that you can use immediately that is well delivered and have fun at the same time.”

– ROSS PROSS, DDS, Tampa, FL, USA

“This information should be taught in all dental schools.”

– ROBERT MICHAM, DMD, Spokane, WA, USA



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