



# Table of Contents

ACKNOWLEDGEMENTS .....	.xi
DISCLAIMER .....	.xiii
PREFACE .....	.xv
<b>Chapter 1: The Journey Begins .....</b>	<b>1</b>
<i>Impact on Productivity and Profitability</i> .....	4
<i>Cumulative Trauma Disorders</i> .....	6
<i>What's Causing Your Pain?</i> .....	8
<i>Microtrauma from Prolonged, Static Postures</i> .....	9
<i>Treat the Cause or Treat the Effect?</i> .....	14
<i>Prevention: The Best Health Insurance</i> .....	17
<b>Chapter 2: The 3 P's to Fitness in the Operatory</b>	
<i>Posture, Positioning and Periodic Stretching</i> .....	21
<i>Postural Awareness</i> .....	22
<i>Operator Posture</i> .....	25
<i>Dental Postural Awareness Exercise</i> .....	27
<i>Adjusting the Operator Stool</i> .....	28
<i>Patient Positioning</i> .....	30

*Headrest Positioning* .....31  
*Operator Positioning* .....35  
*Periodic Stretching* .....39

**Chapter 3: Why Let Plaque  
be a Pain in the Back?** .....45

*Seated Low-Back Posture* .....46  
*Spinal Discs and Degeneration* .....48  
*Herniated Discs and End-Plate Fractures* .....49  
*Muscle Imbalances* .....51  
*Joint Mobility* .....52  
*Keys to Success: Preventing Low-Back Pain* .....52  
*Dental Operator Pivot Exercise* .....55

**Chapter 4: Dentistry Shouldn't be a Pain  
in the Neck—or Shoulder** .....61

*Tension Neck Syndrome* .....62  
*Cervical Instability* .....64  
*Rotator Cuff Impingement* .....65  
*Trapezius Myalgia* .....67  
*Keys to Success: Preventing Neck and Shoulder Pain* .....69

**Chapter 5: Getting the Upper Hand on Pain** .....75

*Carpal Tunnel Syndrome* .....76  
*The Carpal Tunnel* .....77  
*Keys to Success: Preventing Carpal Tunnel Syndrome* .....79  
*CTS Diagnosis and Treatment* .....83  
*Pain Syndromes that Mimic Carpal Tunnel Syndrome* .....85  
*Other Pain Syndromes of the Hand and Arm* .....88

Chapter 6: Dental Ergonomic Equipment .....	91
<i>Operator Stools</i> .....	93
<i>What to Look for in a Dental Stool</i> .....	95
<i>Patient Chairs</i> .....	100
<i>Patient Chair Features</i> .....	100
<i>Magnification</i> .....	102
<i>Procedure Scopes</i> .....	103
<i>Microscopes</i> .....	104
<i>Loupes</i> .....	105
<i>Generic Lenses</i> .....	106
<i>Loupes Lingo</i> .....	106
<i>Selecting Telescopes</i> .....	108
<i>Adjustment Period</i> .....	110
<i>Lighting Systems</i> .....	110
<i>Rubber Dams and Lip/Cheek Retractors</i> .....	111
<i>Manual and Ultrasonic Scalers</i> .....	112
<i>Gloves</i> .....	112
 Chapter 7: Operatory Layout and Systems .....	 115
<i>Delivery Systems</i> .....	116
<i>Rear-Delivery Systems</i> .....	117
<i>Side-Delivery Systems</i> .....	118
<i>Over-the-Patient Systems</i> .....	119
<i>Over-the-Head Systems</i> .....	120
<i>Operatory Layout</i> .....	121
<i>Counter and Delivery System Height</i> .....	122
<i>Assistant Delivery Systems</i> .....	123
<i>Utilities</i> .....	124
<i>Patient Chair Orientation</i> .....	125
<i>Computer Technology</i> .....	125

Chapter 8: Managing Your Pain .....	129
<i>Red-Flag Symptoms</i> .....	130
<i>Acute Pain</i> .....	131
<i>Treatment of Acute Musculoskeletal Pain</i> .....	131
<i>The Path of Least Resistance</i> .....	137
<i>Chronic Pain</i> .....	138
<i>Steps to Managing Chronic Pain</i> .....	140
<i>Trigger Points</i> .....	141
<i>The Ubiquitous Trigger Point</i> .....	141
<i>Self-Treatment of Trigger Points</i> .....	143
 Chapter 9: Exercise for Dental Professionals .....	147
<i>The Elements of Good Health</i> .....	148
<i>Flexibility</i> .....	148
<i>Aerobic Fitness</i> .....	150
<i>Muscle Strength and Endurance</i> .....	154
<i>Golf and Dental Professionals</i> .....	164
 Chapter 10: When Dental Goes Mental .....	169
<i>Stress-Related Pain</i> .....	169
<i>What's the Source of Your Stress?</i> .....	172
<i>Internal Coping Strategies</i> .....	175
<i>Mind Over Matter</i> .....	179
 <b>BONUS CHAPTERS</b>	
 Chapter 11: The Dental Assistant	
<i>The Great Accommodator</i> .....	181
<i>CTDs in Dental Assisting</i> .....	182
<i>Posture and Movement</i> .....	182
<i>The Seated Assistant</i> .....	183

*Stool Adjustment* .....185  
*Seated Assistant Positioning* .....187  
*The Standing Assistant* .....189  
*Assistant Delivery Systems* .....189  
*Additional Considerations* .....190  
*Exercise* .....191

## Chapter 12: “Ergonomizing” Your Front Office ..193

*CTDs in the Front Office* .....194  
*Front Office Posture* .....194  
*Office Chairs* .....195  
*Keyboards and Keyboard Trays* .....196  
*Monitors* .....198  
*Work Space* .....199  
*Wireless Phone Headsets* .....199  
*Mouse Reaching* .....200  
*Dualing Mice* .....200  
*Stretching* .....201

## Epilogue: Putting it into Practice .....203

RESOURCES .....207  
 GLOSSARY .....215  
 REFERENCES .....219  
 ABOUT THE AUTHOR .....239