



# Posturedontics *Ergo-News*

The Comprehensive Wellness Resource for Dental Professionals

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## Walker



## Featured Article

### Swimming & Kayaking: How do they impact YOUR health?

Due to your predisposition to unique muscle imbalances, you may need to implement preventive exercises or make modifications to participate safely.

[Read entire article...](#)

## #4 Outdoor Recreation & the Dental Professional

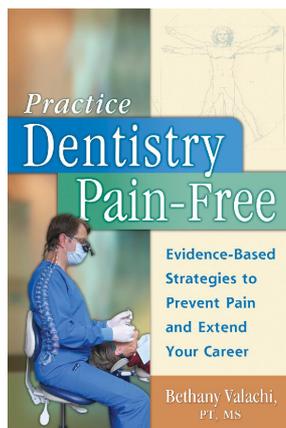
### Greetings!

Summertime is here...and with it comes a myriad of exciting and fun recreational activities. However, certain outdoor activities can worsen painful muscle imbalances to which dental professionals are uniquely prone. Here, I discuss the a few summer recreational activities upon which you may embark, and offer helpful tips and hints to keep you active, healthy and happy during the summer months. I hope you find *Ergo-News* interesting and helpful!

*Bethany Valachi, PT, MS, CEAS*

*Dental Ergonomic Consultant/Lecturer/Physical therapist*

## SPECIAL BOOK EXCERPT: *Golf, Dentists and Low Back Pain*



### Chapter 9 Excerpt: *Golf and Dental Professionals*

from "*Practice Dentistry Pain-Free: Evidence-based Strategies to Prevent Pain & Extend Your Career*"  
Bethany Valachi, PT, MS, CEAS

You've had a tough day in the operator and your back is aching. What could be better than a round of golf to work out those kinks? If you're among the 50% of dental professionals who experience low back pain, the very sport you love to play after work may be exacerbating the problem. The good news? By addressing the two major risk factors common to golfers and dentists alike, you may be able to more comfortably continue the sport you love, stay on the green and feel great!

Read Chapter 9 Excerpt: "[Golf and Dental Professionals](#)"

[Read more excerpts and information about the book, "Practice Dentistry Pain-Free"](#)

## TAKE A HIKE

## Upcoming Lectures

**CHICAGO, IL**  
ADA Health & Wellness  
Conf.  
Sept. 10-11

**SEATTLE, WA**  
Washington AGD  
September 19

**EVANSVILLE, IN**  
Southern Indiana  
University  
September 26

**HONOLULU, HI**  
ADA Annual Session  
October 1

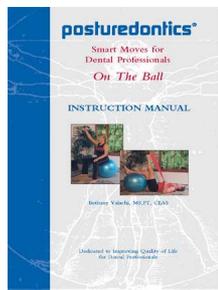
**PORTLAND, OR**  
OSHU School of  
Dentistry  
October 24

The best types of exercise for dental professionals are ones that do not allow worsening of muscle imbalances to which you are prone. Symmetrical exercise, such as walking, cross-country skiing, nordic track and rowing are good examples. Walking, in particular is often overlooked as an excellent aerobic activity when performed correctly. In fact, rapid walking while swinging the arms causes a cyclic-type of muscle activation that has been shown to reduce low-back pain when performed on a level surface. Swinging the arms may also decrease muscular tightness in the neck. Other health benefits of walking include reduced risk of cardiovascular disease and recent studies show that rapid walking may be even more beneficial than more intense physical activity. Aim for a minimum of 30 minutes at least three times weekly.

Walker



## PRODUCT UPDATE



### UPDATED "Smart Moves for Dental Professionals On the Ball" Instruction Manual with Theraband Door Anchor

If you purchased an older version of the "On the Ball" Home Exercise kit that did *not*

include the **Theraband Door Anchor** to enable additional shoulder girdle endurance exercises, you can now buy the **Updated Instruction Booklet (2008) with Theraband Door Anchor and replacement bands**. The new booklet includes seven important new exercises utilizing the elastic exercise band and door anchor to balance the shoulder girdle musculature. There is also an expanded eight-page section on exercises and equipment that can actually worsen your health. The updated package includes the booklet, door anchor and 2 replacement therabands (\$25--includes shipping) and is available only to those who have previously purchased the exercise package. **Download Order Form for "Smart Moves On the Ball" Kit Update. [Click here.](#)**

The complete [Wellness System for Dental Professionals](#) is now available that addresses all three essential dental ergonomic interventions: *operator ergonomics, chairside stretching and specific endurance strengthening*. It includes both Chairside Stretching and Home Exercise DVD kits plus the new book, "Practice Dentistry Pain-Free" for one low, discounted price...plus you'll receive a FREE audio CD, "Preventing Low Back Pain in Dentistry".

**Do you have friends who would benefit from this newsletter?  
Why not forward it now?**

### 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!

