

5 STEPS TO PRACTICING DENTISTRY PAIN-FREE

1-2 hour lecture for dentists, specialists and/or hygienists

Studies show that the **sequence** in which interventions are implemented is integral to success when treating chronic pain.

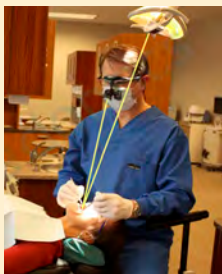
Due to the multi-factorial nature of work-related pain, rarely does a single intervention (i.e. loupes, strength training) permanently resolve chronic pain issues. Based on Dr. Valachi's *new eBook*, this fast-paced lecture introduces the 5 Essential Steps for preventing and resolving chronic pain in dentistry. Perfect for evening lectures.

SUCCESS



COURSE OBJECTIVES

- ✓ Learn the evidence-based etiologies of work-related pain in dentistry.
- ✓ **Step #1: Dental Ergonomics**
 - Make dental ergonomic improvements in your operatory to work more comfortably.
 - When equipment can be modified and when it should be replaced.
- ✓ **Step #2: Stress Management**
 - Down-regulate the sympathetic nervous system to prevent muscle ischemia.
- ✓ **Step #3: Myofascial Self-treatment**
 - Discover how trigger points develop in dental professionals
 - Learn a protocol for self-treating trigger points.
- ✓ **Step #4: Chairside Stretching**
 - Discover which types of stretches are most beneficial and how to perform them.
- ✓ **Step #5: Muscular Endurance Training**
 - Learn how to correct painful muscle imbalances with proper exercise.



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