

FITNESS 101 for DENTAL PROFESSIONALS

SECRETS FOR COMFORT & CAREER LONGEVITY

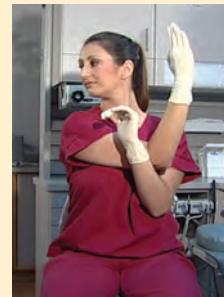
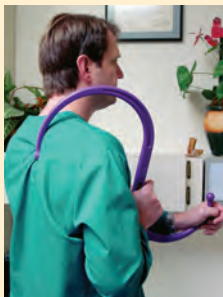
Half day course for the entire dental team

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 **Neck, Back & Beyond**, 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
- ✓ Identify criteria for selecting the right health care professional for specific pain symptoms
- ✓ Discover how trigger points develop in dental professionals.
- ✓ Learn how stress can manifest as physical pain
- ✓ Discover how to combat the detrimental physical effects of stress



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