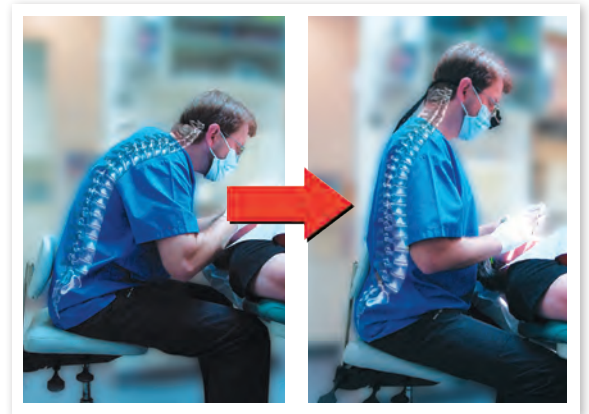


NECK, BACK & BEYOND:

PREVENTING PAIN WITH EVIDENCE-BASED DENTAL ERGONOMICS

*Half or full day course for the entire dental team
OR customized for dentists & specialists only.*

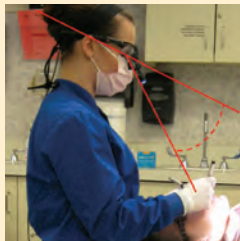
This research-based seminar for **dentists, specialists, hygienists, and assistants** bridges the gap between dental ergonomics and work-related pain so you can work more comfortably and productively. Delivered with high energy and humor, attendees will discover how equipment selection & adjustment, patient positioning, lighting, movement and operator layout are affecting their health. Engaging demonstrations help attendees learn how to implement powerful evidence-based strategies to prevent work-related pain and improve quality of life.



*The **Fitness 101 for Dental Professionals** lecture was designed to follow this course to make a full day seminar.*

COURSE OBJECTIVES

- ✓ Understand the etiology of work-related pain in dentistry to make health-wise choices in the operatory & at home
- ✓ Identify and implement appropriate ergonomic interventions for chronic back, neck & shoulder pain
- ✓ Identify the 3 essential ergonomic criteria for selecting loupes that will improve health—not make it worse!
- ✓ Properly select and adjust delivery systems, stools and chairs depending on operator size & job-type
- ✓ Make ergonomic modifications in the operatory with minimal expense
- ✓ Discover the newest guidelines for positioning patient, headrest and light to treat various arches and quadrants
- ✓ Learn 4 strategies for properly positioning the dentist with the assistant chairside
- ✓ Learn the unique muscle imbalances to which dental professionals are predisposed
- ✓ Discover how certain movement patterns in the operatory can cause shoulder & spine dysfunction



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