

SYNOPSIS

Worldwide research shows an alarming incidence of occupational musculoskeletal disorders in the dental profession.

Ergonomic research and design have focused on the equipment and surgery layout, overlooking the importance of the operator's efficiency in posture and movement, the Inner Ergonomics.

Steps to optimum musculoskeletal health include:

- Recognition of harmful postural habits
- Knowledge and application of Inner Ergonomic principles
- Co-operation with biomechanical design

PROGRAM OVERVIEW

Fundamental Inner Ergonomic Principles:

- Cumulative Trauma in the dental surgery and daily life and why there is an alarming incidence of occupational pain and discomfort
- Inner Ergonomics - what dentists need to know about their biomechanical design
- Functional Anatomy & Body Mapping
- Postural Awareness - recognition of harmful posture and movement patterns
- The power of habit and how to change those harmful habitual patterns
- Steps to optimal musculoskeletal health
- Restorative procedures for tight muscles during dental treatment

Inner Ergonomic Principles applied in the dental surgery

- Practical demonstrations, individual kinaesthetic guidance and practise of applied Inner Ergonomics in a clinical setting
- Postural awareness during treatment - taking care of yourself as you take care of the patient

Musculoskeletal Restoration and Neuromuscular Reprogramming

- Demonstration and experiential training in how to decompress the spine and release tight muscles and joints at work and home



Dr Anikó Ball

B.D.Sc.(Melb), Clin.Dip.Hyp., Adv. Dip. Alexander Studies
Founder Optimum Dental Posture

Practising for over thirty years, Anikó suffered frequent neck, back and shoulder pain. Doctors and physical therapists offered short-term symptom relief without identifying her condition as work related. Fortunately she had help in recognizing her harmful posture habits; learned about biomechanical design and how to apply Inner Ergonomic principles and got well. She completed a 1600-hour course at the Melbourne Alexander School and founded "Optimum Dental Posture".

Anikó's mission is to reduce the incidence of occupational musculoskeletal disorders in dentistry and to send a message of hope to dentists for recovery and prevention of chronic pain and discomfort. She is currently collaborating in a pilot study, conducted at Melbourne University Dental School, "Improving oral health students' physical and mental wellbeing", to show the benefits of Inner Ergonomics training. Her vision is to introduce this at undergraduate level as a preventive measure to reduce the risk of occupational musculoskeletal disorders.

PROGRAM SCHEDULE

Sydney

Date: Saturday 24th June
Venue: Unit 8, Ricketty Street, Mascot, NSW

Melbourne

Date: Saturday 1st July
Venue: Henry Schein Halas - Level 9, 369 Royal Parade, Parkville, VIC

Brisbane

Date: Saturday 8th July
Venue: Henry Schein Halas - Ground floor, 8 Gardner Close, Milton, QLD

Full Day Program: 9.00 am - 5.00 pm

CPD: 6 Scientific Hours

Format: Workshop

Limited to: 20 Dentists

Fee or Cost: \$850.00
Includes lunch and refreshments

REGISTRATION

For more information and registration <http://optimumdentalposture.com/future-events/>