

This practical and clinical half day workshop, conducted in a dental setting, builds on the knowledge and skills you have learned in previous Optimum Dental Posture training, taking you to the next level of inner ergonomic expertise.



OVERVIEW

▶ Brief revision of the essential Inner Ergonomic principles in posture and movement patterns

▶ Applied Inner Ergonomics in the Clinic

Demonstration and practice of optimal posture and movement in simulated dental activity:

- Gaining access to challenging quadrants
- Various treatment procedures

▶ Habit change

- Support and coaching on postural awareness and changing harmful habitual work postures
- Opportunity to train with your dental assistant to enable you to observe and support each other in habit change in your practice

▶ Restoration through movement

- Demonstration and practice of exercise you can do at work and home to overcome and prevent back pain and stiffness, and arm/hand/wrist problems

▶ Restoration with Active Rest

PROGRAM DATES

Melbourne

Friday 17 November 2017
1pm - 5pm

Brisbane

Saturday 21 October 2017
9am - 1pm

Limited to 20 dental practitioners who attended any of these programs:

- Fundamental Inner Ergonomics
- Optimum Dental Posture Program at the ADAVB
- Advanced Optimum Dental Posture Workshop
- Overcoming Neck and Back Pain in the Dental Surgery - Part 1./2. at the ADA NSW CPD

REGISTER NOW AT

<http://optimumdentalposture.com/training-programs/>