

ERGONOMICS & WELLNESS IN DENTISTRY

A Two Day Seminar and Clinical Hands-on Workshop for Dental Professionals



You did not receive training in dental school in how to organize your body to gain access to your patients' mouths without compromising your musculoskeletal health. You bend and twist any which way, without paying attention to yourself.



Poor work postures - prolonged forward and downwardly directed, unilaterally collapsed - lead to musculoskeletal disorders. Many practitioners have become accustomed to chronic pain and discomfort, believing it is the price to be paid for being a dental professional.

Worldwide research shows an alarming incidence of musculoskeletal disorders in the dental profession. Chronic pain and discomfort impacts on career longevity, productivity and quality of life; forcing many to take time off from their practices or into early retirement.

HOW CAN YOU DO DENTISTRY WITHOUT HURTING YOURSELF?

Although there are fundamental biomechanical design principles governing movement and posture, people are not trained in how to co-operate with these, and unfortunately nobody is provided with a "User Guide" at birth.

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

 **HENRY SCHEIN®**

 **Rely on Us™**

Melbourne - Level 9, 369 Royal Parade, Parkville

Thursday 25 & Friday 26 July 2019

Thursday 5 & Friday 6 December 2019

Brisbane - 8 Gardner Close, Milton

Thursday 21 & Friday 22 March 2019

Thursday 14 & Friday 15 November 2019

10 am - 4 pm both days

Fees

Dentists \$1450 + GST

Dental Hygienists & Oral Health Therapists \$1050 + GST

YOU ARE YOUR MOST PRECIOUS INSTRUMENT.

LEARN TO TAKE CARE OF YOURSELF AS YOU TAKE CARE OF YOUR PATIENTS.

This two-day training program is a practical and hands-on "User Guide" for posture and movement patterns, teaching Fundamental Inner Ergonomics every dental practitioner needs to know. You will learn the steps to recovery and prevention of occupational chronic pain in the dental profession.

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 dental practitioners need to know about their biomechanical design
- Postural Awareness - recognition of harmful posture and movement patterns
- The power of habit and how to change those harmful habitual patterns
- Calming techniques for stress reduction for clinicians and patients
- 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:
 - Gaining access to challenging quadrants
 - Various treatment procedures with instruments you are invited to bring, including forceps
 - Postural awareness during treatment - taking care of yourself as you take care of the patient

Restoration with Active Rest

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

Restoration through Movement

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

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.



Dr Anikó Ball

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

“Your teaching and the Alexander technique have changed my practicing life. I had frequent neck and shoulder pain and tightness, especially at the end of the day. I had monthly Physio visits to reduce symptoms. Since changing my working posture and doing the Active Rest I am enjoying dentistry much more and rarely have any pain and discomfort. Physio visits are rare. Thank you for spreading the message. I recommend your courses to my colleagues at every opportunity. I'm only sorry I didn't learn this at the start of my career. This is so important to teach to dental students. Thanks for your commitment to getting this message out.” **Dr Roslyn Grant, General Dentist, QLD**