

Ergonomics in Dentistry

What is Ergonomics?

The Ergonomics Umbrella

- Equipment and Workspace
- Workplace Practices
- Muscle Release and Stretching
- Strengthening and Posture Enhancement

MSD's and Dentistry Risk Factors

Dysfunction in the Body

- Upper Crossed Syndrome
- Lower Crossed Syndrome
- Forward Head Posture
- "The Moneymakers"

Workspace and Ergo Equipment Essentials

- Sitting 101

Muscle Release

- Foam Rolling, Yoga and Stretching

Posture Strengthening

- Strength Training with Purpose

Assessing Your Situation

- The Ergonomic Expert Lens
- Clinical Strategies

Postural Hygiene



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