

***Hawaii Dental Association
Honolulu 2023
Posture in Practice: Are you equipped to sit?!
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COURSE OBJECTIVES:

Define the terms: posture, body mechanics & ergonomics.

Discuss posture, body mechanics & cumulative trauma.

Identify optimal, balanced working postures.

Discuss the optimal characteristics of operator/assistance stools & patient chairs, design & function

Discuss visual fatigue, lighting, & magnification.

Identify activities & techniques to counteract stress in the operatory.

Discuss the positive benefits of prevention strategies for the dental professional

Hands on opportunity to “road test” several seating options

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Posture in Practice: Are you equipped to sit?!

Disclosure

What do you need to sit?

Posture - How is your posture?

Body mechanics

Good vs. Bad Posture

Are you balanced?

Tell me where it hurts

Don't be a slouch!

Ergonomics

A good chair

Operator/assistant stools

Magnification & Lighting

Visual Fatigue

What's new?

Comfort & function - Are you in shape to do what you do?

What else can you do?

Neglect – is benign neglect really benign?

How about you?

Questions/Thank you

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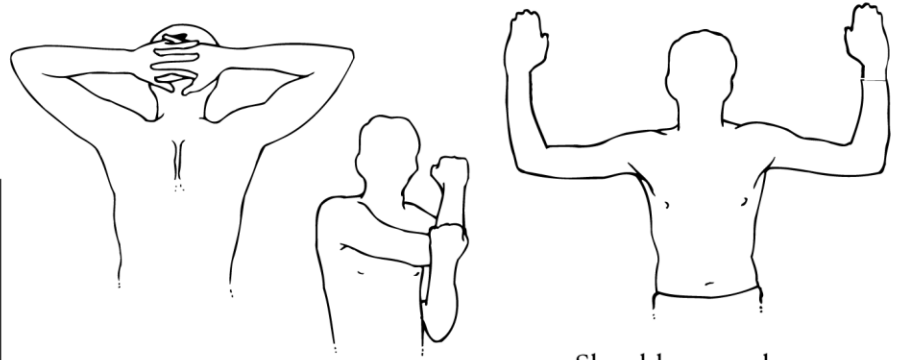
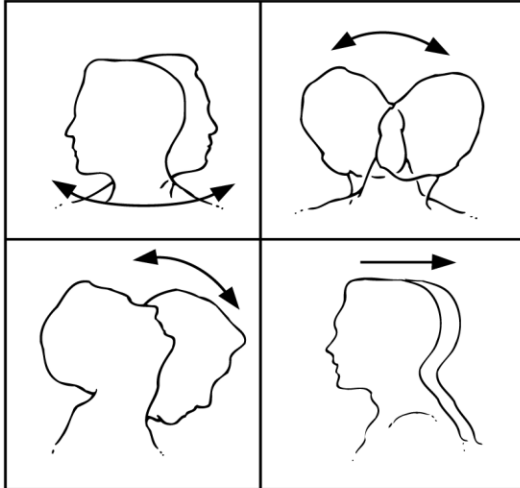
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Posture Break Exercises

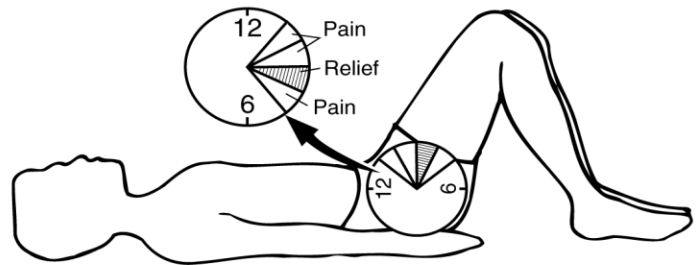
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Neck range of motion/neck glide

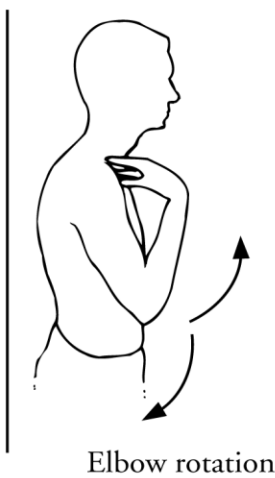
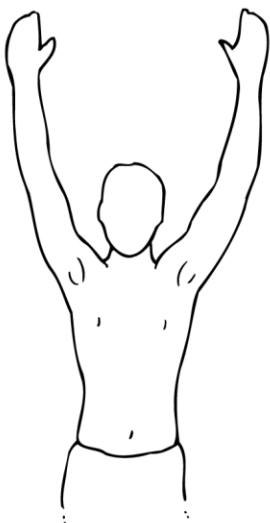


Shoulder stretches

"Pelvic clock"

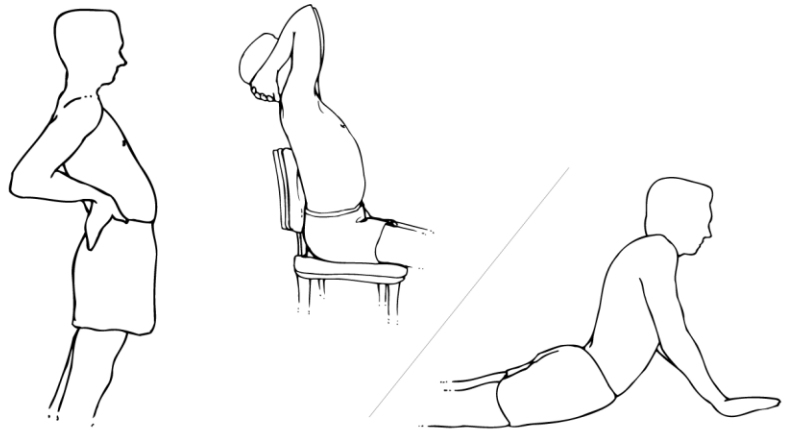


Touchdowns



Elbow rotation

Bend backs



Wrist stretch 1



Wrist stretch 2



Finger Stretch



Finger wiggle

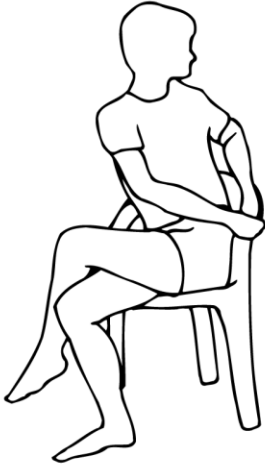


The rubberband

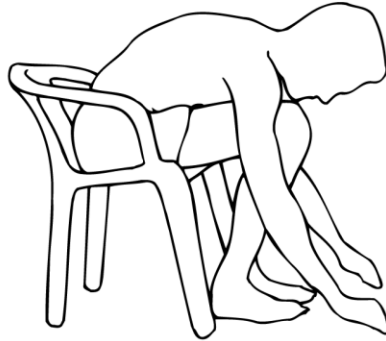


Finger spread

Hip stretch



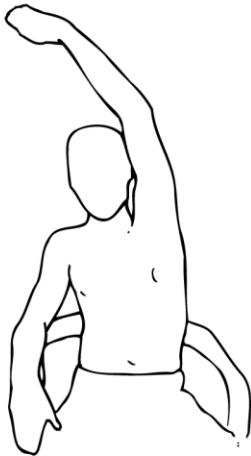
Back stretch



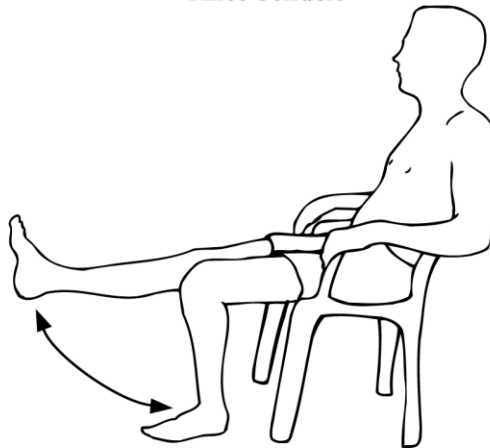
Trunk twists



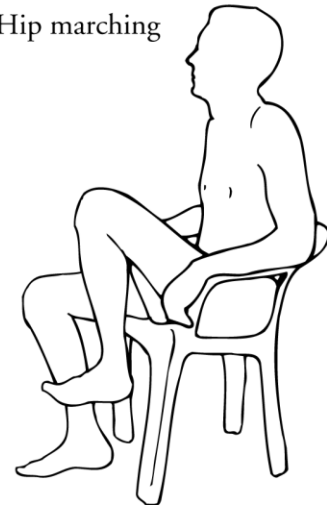
Side benders



Knee benders



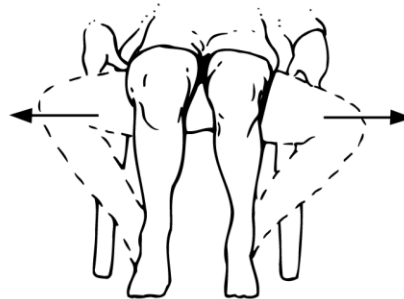
Hip marching



Ankle pumps/circles



Knee spreaders



Note: These activities should not cause any undue pain or discomfort and are not meant as a substitute for a complete musculoskeletal assessment. If you have any questions about the appropriateness for you, please consult your physician.