

*Hawaii Dental Association
Honolulu 2023
Posture, Pain & Productivity
in Modern Dentistry
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OBJECTIVES:

Overview the science of ergonomics and its potential impact on the practice of dentistry

Review the anatomy and physiology of the musculoskeletal system for the upper quarter, lower quarter, and the spine

Discuss the impact of posture, strength, flexibility & fatigue on dental practice, the patient and the dental practitioner

Identify musculoskeletal pain, physical signs and symptoms related to dental practice

Identify impediments to productivity; the negative impact of pain on quality patient care and the bottom line

Identify proper working postures, activities and techniques in order to create preventative strategies in order to counteract the ill-effects of work-related musculoskeletal disorders

Identify alternative approaches for efficient, effective, pain-free delivery of care; create a healthier lifestyle in order to assist dental professionals in practicing productively, without pain

Disclosure

Goals & objectives – yours & mine!

What's your passion?

Ergonomics

Anatomy & physiology

Posture, strength, & flexibility

Stress & fatigue

Pain & productivity

Neglect

Can you work smarter or just harder?

Quality, productivity & practice analysis

The bottom line

Efficiency, effectiveness, optimal performance, & applied ergonomics

Longevity

Satisfaction

Posture, strength, flexibility & fitness

Rest & recovery

What is normal?

Best practice & the bottom line

The ergonomic checklist

increasing awareness of what we cannot control!

Posture-break balance exercises!

The Time Pie

Implementing what we discussed!

Are you up to the task? Can you afford not to be!

QUESTIONS?

If you think of a few more questions on the way home...

please give me a call 630-965-8176

Let's get you balanced!

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Thanks a lot!

Timothy J. Caruso PT

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