

***Hawaii Dental Association
Honolulu 2019
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 – in brief!

ANATOMY & PHYSIOLOGY OF:

THE UPPER QUARTER, LOWER QUARTER
& THE SPINE

How does it relate to me?

POSTURE, STRENGTH, & FLEXIBILITY

POSTURE - What is it? Where is it?
POSTURAL FAULTS

A LITTLE EXPERIMENT

STRESS & FATIGUE

Stress - who's got some; who wants some; take mine please

Fatigue's Contributing Factors:

Stress & Fatigue... go hand in hand - Muscular, Visual, Mental

PAIN & PRODUCTIVITY

Pain - Is it in your neck, or has it spread?

Productivity - Can you possibly maintain your current level of
function?

Musculoskeletal Signs & Symptoms

Some Statistics

NEGLECT

Is benign neglect really benign?!

Tell me where it hurts

CAN YOU WORK SMARTER OR JUST HARDER?

QUALITY, PRODUCTIVITY & PRACTICE ANALYSIS

Quality – is this a concern of yours?

How about your patients?

Productivity - *What is your time worth?*

Practice analysis: *Some things to consider.* How do you measure it all? What you may find...

THE BOTTOM LINE

How is yours affected? Debits & Credits - Do they balance?

EFFICIENCY, EFFECTIVENESS, OPTIMAL PERFORMANCE, & APPLIED ERGONOMICS

Optimal Performance – Is it possible for you & your staff, specifically?

The Goal:

Better clinical results

Fewer complications

Patient satisfaction

Career satisfaction

How to get there...*is this possible for you & our staff?*

LONGEVITY

Are you in it for the long haul? Will you make it?

Do you want to?

SATISFACTION – Personal & professional!

Road Blocks – aggravation, apathy, attitude, all of the above!

POSTURE, STRENGTH, FLEXIBILITY & FITNESS

How's yours? Have do you evaluate it? How do you feel?

Some simple ways to check...

Your most important instrument... Your Body!

REST & RECOVERY

Relaxation - do you know how? Are you balanced?!
No, Really!

WHAT IS NORMAL?

BEST PRACTICE & THE BOTTON LINE

What's yours?!

*Controlling What We Can: PRACTICE, PRACTICE,
PRACTICE!*

The Ergonomic Checklist

Increasing Awareness of What We Cannot Control!

Success = Self-Awareness

POSTURE-BREAK BALANCE EXERCISES!

The Time Pie - how is yours sliced?

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 us help you get balanced!

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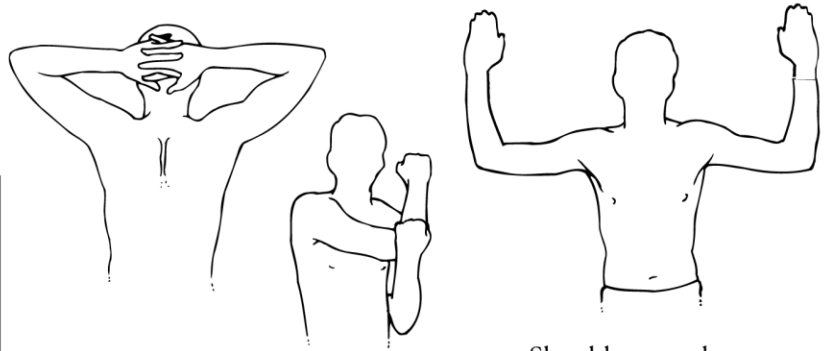
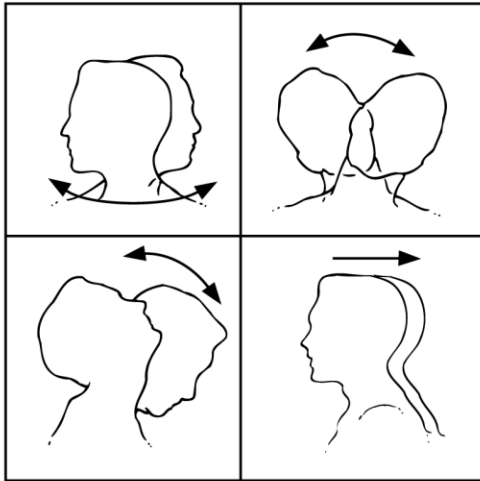
Thanks a lot!

*Timothy J. Caruso PT
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Posture Break Exercises

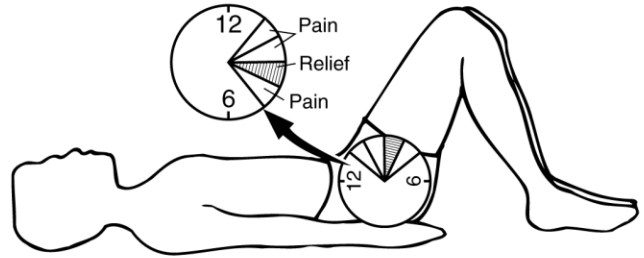
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Neck range of motion/neck glide

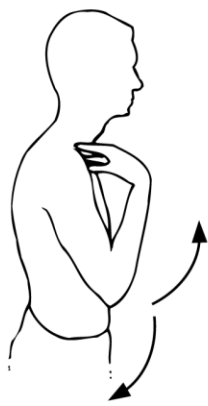
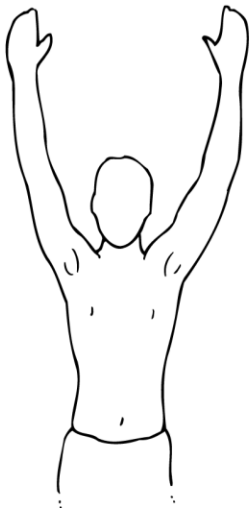


Shoulder stretches

"Pelvic clock"

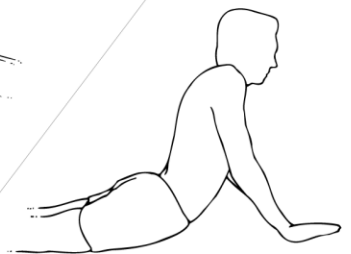


Touchdowns



Elbow rotation

Bend backs



Wrist stretch 1



Wrist stretch 2



Finger Stretch



Finger wiggle

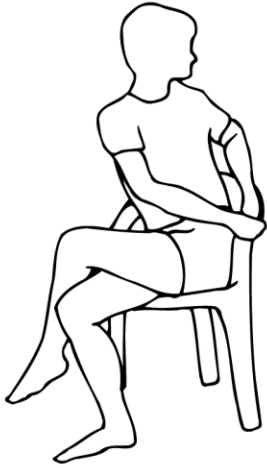


The rubberband

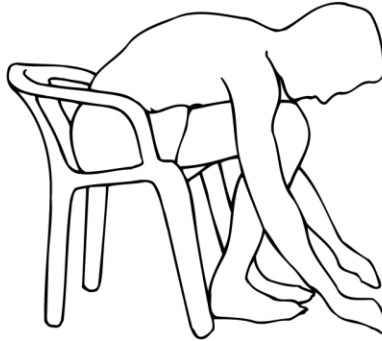


Finger spread

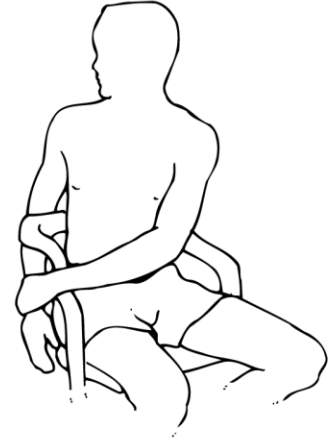
Hip stretch



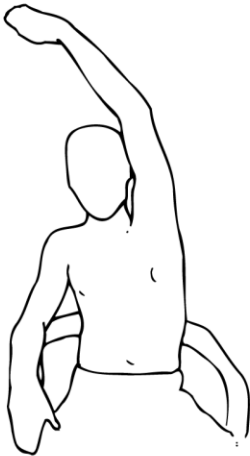
Back stretch



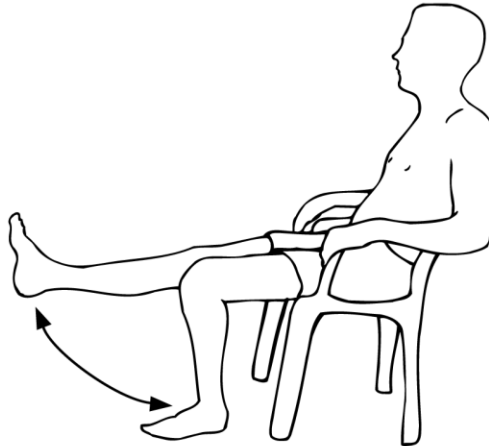
Trunk twists



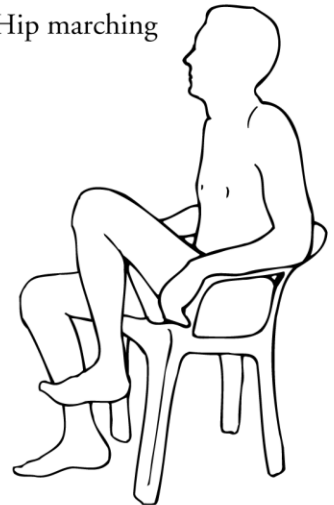
Side benders



Knee benders



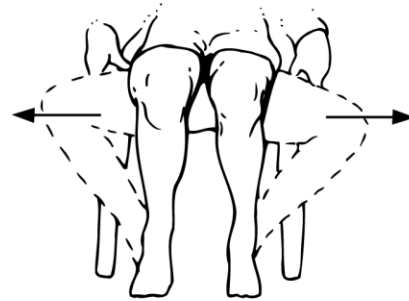
Hip marching



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.