

***Hawaii Dental Association  
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***Treating back & neck pain in modern  
dentistry: a survival guide for the rest of your  
career!***

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**Course Objectives:**

- 1) Discuss the incidence and prevalence of cervical/lumbar pain in the dental profession
- 2) Discuss pain generators in the cervical/lumbar regions
- 3) Discuss the unique musculoskeletal needs of the dental profession and the effects of prolonged static loading
- 4) Discuss conservative treatment options for cervical/lumbar pain
- 5) Discuss Mechanical Diagnosis & Therapy (McKenzie Method) to treatment of referred/radicular back & neck pain as an alternative to or screening prior to surgical intervention
- 6) Discuss chair side preventative postures, exercises & strategies
- 7) When to seek medical care
- 8) Seeking competent conservative caregivers; helping yourself

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Disclosure

Goals & Objectives

Prevalence of cervical/lumbar pain

General population

Dentistry

Causative factors - loading structures

Creep & hysteresis

Applied to dental profession

Pain Generators – the usual suspects

muscles

ligaments

discs

joints/facets

other/non-mechanical sources/sinister pathologies

Historical coping strategies:

- modalities, massage, manipulation

- medication – OTC, prescription, legal/illegal, alcohol

- injections – trigger points, epidural

- exercise – structured, unstructured

- surgery – pick one you like! Knowing when to jump!

Mechanical Diagnosis & Therapy (MDT) & directional preference

Connecting the dots; cause & effect

Pain responses: relationships of mechanical forces & pain, motion & function

Getting a handle on successfully helping yourself out of pain

Preventative chairside postures, exercises and procedures

Seeking competent conservative caregivers; helping yourself

[www.mckenzieinstituteusa.org](http://www.mckenzieinstituteusa.org)

Questions/Discussion

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