



Greater Kansas City
DENTAL SOCIETY

Greater Kansas City Dental Society
Ergonomics, Wellness & Efficiency for the Entire Dental Team
Kansas City, MO 2023

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Objectives:

Define the terms: posture, body mechanics & ergonomics.

Discuss musculoskeletal disorders, cumulative trauma & pain.

Identify optimal, balanced working postures.

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

Discuss lighting, magnification, instrumentation & technique.

Identify activities, techniques & prevention strategies to reduce stress in the operatory.

Discuss the positive benefits of regular exercise for the dental professional.

Discuss conservative pain management for back & neck pain in dentistry; Mechanical Diagnosis & Therapy.

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Disclosure

What do you need to sit?

Posture - How is your posture?

Good vs. Bad Posture

Are you balanced?

Body mechanics

Don't be a slouch!

Pain - Tell me where it hurts

Ergonomics

Musculoskeletal disorders, cumulative trauma & pain.

Identify optimal, balanced working postures

Physiology & the positive benefits of regular exercise for the dental professional.

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

What else can you do?

Characteristics of operator/assistance stools, patient chairs – a good chair.

Office design & optimal function.

Lighting, magnification, instrumentation & technique. Can you see the light?! What's new?

Conservative pain management for back & neck pain in dentistry – consider McKenzie

Neglect – is benign neglect really benign?

How about you?

Seeking out a competent practitioner...www.mckenzieinstitutecanada.org

Activities, techniques & prevention strategies to reduce stress in the operatory.

Posture Break Exercises

The Ergonomic Checklist!

Questions/Thank you

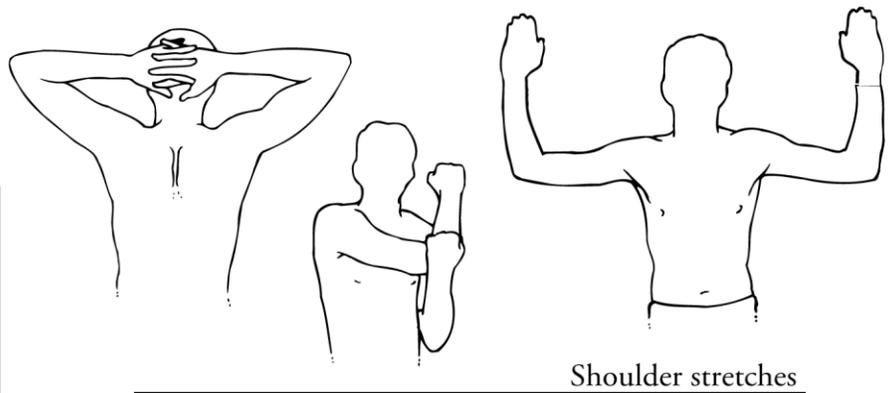
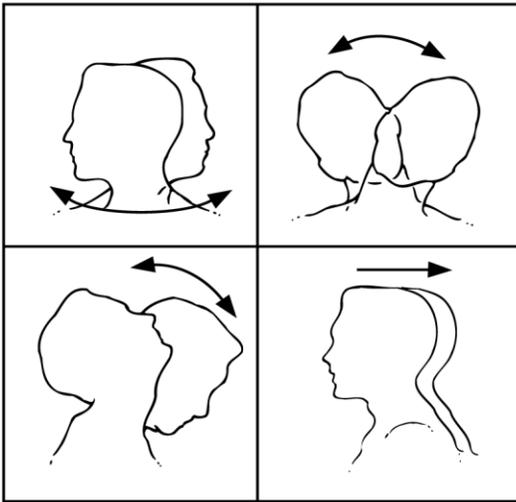
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Posture Break Exercises

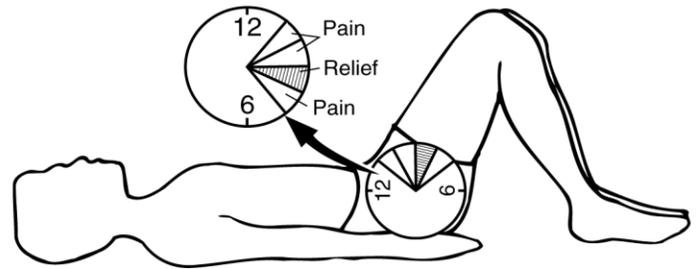
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Neck range of motion/neck glide

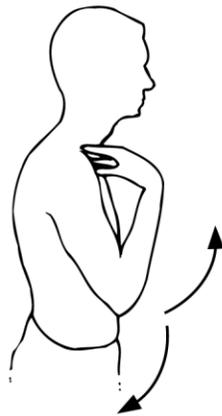
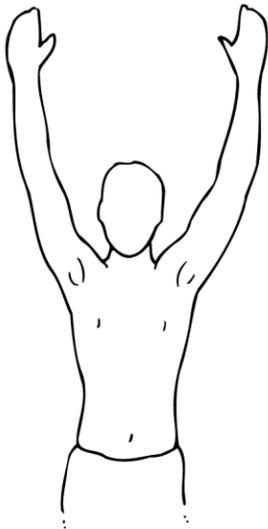


Shoulder stretches

"Pelvic clock"

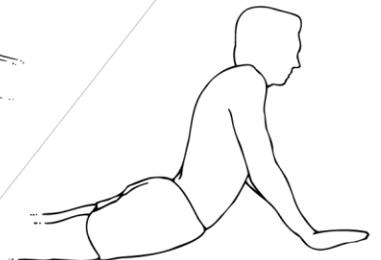


Touchdowns



Elbow rotation

Bend backs



Wrist stretch 1



Wrist stretch 2



Finger Stretch



Finger wiggle



The rubberband

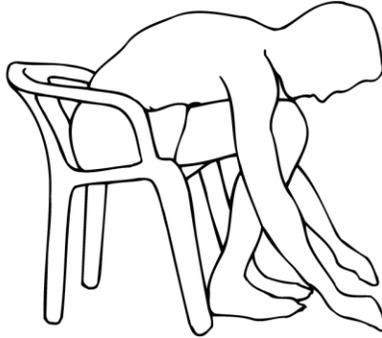


Finger spread

Hip stretch



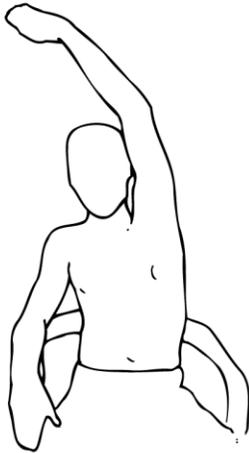
Back stretch



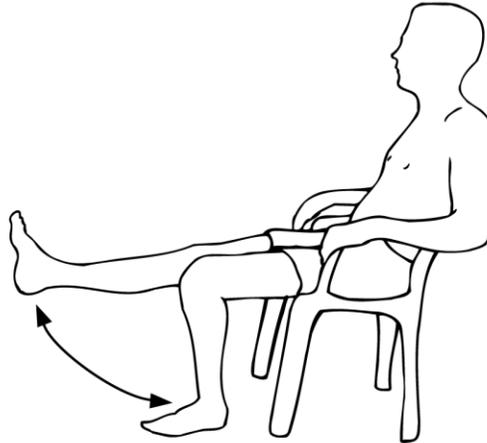
Trunk twists



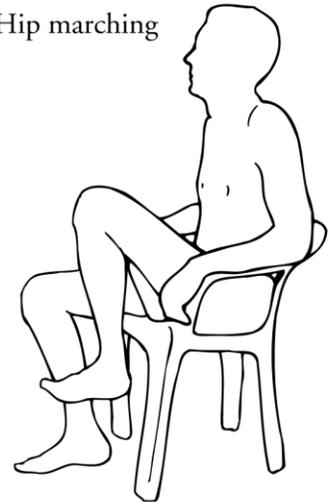
Side benders



Knee benders



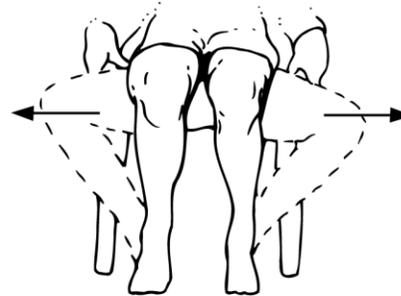
Hip marching



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.