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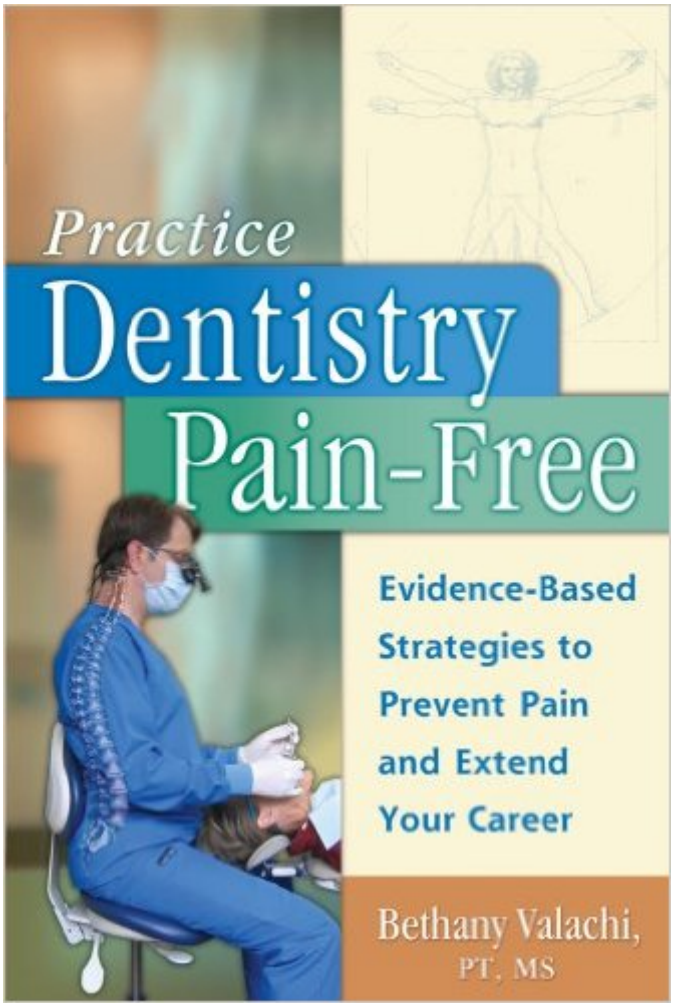
Practice Dentistry Pain-Free: Evidence-based Ergonomic Strategies To Prevent Pain And Extend Your Career



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Synopsis

Two out of three dental professionals experience work related pain that can easily progress to an injury or early retirement. In her groundbreaking new book, Valachi has taken the problem of work related pain in dentistry and distilled it into the basic whys and hows that are imperative to effective injury prevention and treatment. Solidly backed with over 300 scientific references, this comprehensive wellness guide bridges the gap between occupational pain and dental ergonomics by offering effective, evidence based interventions. Specially developed for dentists, hygienists, assistants, faculty, students and front office, the book is written in a user friendly format, with over 100 illustrations. Special chapters on low back, neck, shoulder and hand pain explain how the most common pain syndromes develop in dentistry, and offer specific intervention strategies. Two chapters delve extensively into dental ergonomic equipment selection and adjustment, and the exercise chapter offers key exercises that help prevent painful muscle imbalances. A helpful Resources section at the end of the book, provides readers with additional ergonomic resources and contact information. Health care professional who treat dental professionals will find the book invaluable for helping to alleviate chronic pain syndromes.

Book Information

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Customer Reviews

This book was a lifesaver for me. The author’s practical knowledge of working in a dental operatory gives her the unique ability to tailor advice for dentists and dental staff. This will add years to my practice!

Ms. Valachi documented both clinical and scientific findings(research) in dealing with the musculoskeletal pain/syndrome whichis the primary cause of disability among the dental professional. She stresses that the musculoskeletal pain is work-related in that the cumulation of repetitive micro-traum caused by the repetitive strain, body movements awkward posturing contribute to the musculiskeletal disorders.In my humble opinion, this is a must book for dental professionals in understanding, preventing and managing the musculoskeletal disorders which are the most common chronic pain and the primary cause of disability of dental professionals.Kind regards,Jim Tanaka DDSRichmond, B.C. Canada

I found the additional material in the book to be helpful in fully understanding the content of her live C.E. courses.She obviously has a good depth of knowledge in her field. I think the book is slightly overpriced but valuable.

Excellent information

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