# Long to be pain free?

# Do you suffer from chronic back or shoulder pain?

Learn how dental treatment room design and ergonomics play an important role in the overall health of dental professionals. Join Phil Smith, dental ergonomics expert, as he guides you through the world of ergonomics. You'll take away tips and techniques that will change the way you think about your practice and improve your health in the process!





Phil Smith has worked with dental, hygiene and assisting schools for more than 40 years to create a practical working environment that considers the relationship between dental treatment room design and ergonomics. His understanding of dental equipment and body mechanics has enabled him to propose solutions that better address the unrecognized physical needs of the doctors and dental teams. This knowledge also led to the co-patent of the first dental teaching simulator manufactured by A-dec.

## Upon completion of this course, you'll be able to:

- · Define the meaning of the term "ergonomics" and its relationship to dentistry
- Explain the basic principles of ergonomics
- · Identify musculoskeletal disorders and what areas of the body can be affected
- Identify risk factors for musculoskeletal disorders
- Describe what risk factor controls can be implemented to decrease the chance for injury
- Describe the responsibilities of an employer/employee regarding ergonomic standards
- Recognize the symptoms of musculoskeletal disorders
- Identify the importance of early medical intervention for musculoskeletal disorders

- Recognize the need for physical conditioning to help offset the physical dangers of dental patient treatment for all dental professionals
- Identify the ergonomic benefits of proper operator, assistant and patient positioning during patient treatment and utilizing the features of modern operatory equipment to help support good ergonomic posture
- Evaluate and analyze the ergonomic integrity of a dental operatory
- Summarize the basic principles and options that can improve the health of a dental professional

### **Event Details:**

#### Date:

Friday, September 14, 2012

#### Time:

12:00 p.m. - 1:00 p.m. *Registration and Lunch* 1:00 p.m. - 4:00 p.m. *Workshop* 

#### **Location:**

Patterson Dental Education Center 4030 Sorrento Valley Blvd. San Diego, CA 92121

Credits: 3 CE

#### Cost:

FREE – Patterson Advantage<sup>®</sup> members \$100 – Per office (up to 4 staff members)

**RSVP:** www.pattersonedu.com

Class size is limited so register today!