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ISBN	1-119-13139-1 1-119-36568-6 1-119-13138-3
Descrizione fisica	1 online resource (65 pages)
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Soggetti	Practice Management, Dental
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	What Is Ergonomics? -- Musculoskeletal Disorders -- Positioning for Success -- Instrumentation Techniques -- Office Equipment and Layout Design -- Treating Patients with Disabilities -- Exercise Disciplines and Alternative Therapies -- Red Flags.
Sommario/riassunto	"Dental health providers commonly struggle with chronic back pain, carpal tunnel syndrome, muscle tension, strained eyes, and other work-related musculoskeletal problems. Ergonomics in the Dental Office provides clear guidance on alleviating or eliminating the pain and discomfort caused by strains put on the body in daily practice. This easy-to-read book explains the principles of ergonomics, identifies specific causes of musculoskeletal problems, and presents simple--yet effective--techniques to address the physical stresses that might be occurring in the dental office. Concise, highly visual chapters demonstrate correct postures, clock positions, instrument transfer, head and neck placement, instrumentation techniques, office design, and more. The author emphasizes the importance of daily exercises, rest breaks, and disciplines that relieve both physical and emotional stress such as yoga and Tai Chi. Topics include occupational health issues and research, treating disabled patients, developing ergonomic awareness, seat positioning for tall and short operators, integrated intervention planning, and signs and symptoms of musculoskeletal

disorders. Designed to address a problem all dental professionals face, Ergonomics in the Dental Office is an invaluable book for dentists, dental hygienists, dental assistants, and dental students and trainees"

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