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Book information

Authors: Juan Carlos Ortiz Hugues
Title: Ergonomics Applied to Dental Practice
Short text:

Musculoskeletal disorders are extremely prevalent among dentists due to sustained poor postures that cause muscle fatigue. This book teaches dental professionals how to prevent these disorders by adopting the four principles of dental ergonomics: knowledge of body biomechanics, using an ergonomic stool, implementing four-handed dentistry, and working with a surgical microscope. These principles aim to keep the body in a comfortable neutral posture throughout the working day, enabling dentists to work and live pain-free.

Contents

Chapter 1. General Aspects of Applied Ergonomics
Chapter 2. The Musculoskeletal System and Cumulative Trauma Disorders
Chapter 3. Sitting Posture
Chapter 4. Pain Syndroms in the Upper Limb
Chapter 5. The Role of the Dental Assistant: Four-Handed Dentistry
Chapter 6. Ergonomic Dental Equipment
Chapter 7. Rest, Stretching, and Fitness
Chapter 8. The Optical Microscope

Categories: General Dentistry, Endodontics, Periodontics