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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 Syndromes 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