



Auflage: 1. Auflage 2023  
Seiten: 132  
Abbildungen: 116  
Einband: Softcover; 21,6 x 28 cm  
ISBN: 978-1-64724-090-5  
Artikelnr.: 24081  
Erschienen: Januar 2023

Preis  
Änderungen vorbehalten!

58,00 €

#### Quintessenz Verlags-GmbH

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 <https://www.quintessence-publishing.com/deu/de>

## Buch-Information

**Autoren:** Juan Carlos Ortiz Hugues  
**Titel:** Ergonomics Applied to Dental Practice  
**Kurztext:**

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.

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Chapter 8. The Optical Microscope

**Fachgebiet(e):** Zahnheilkunde allgemein, Endodontie, Parodontologie