



Edition: 1st Edition 2023  
pages: 132  
Images: 116  
Cover: Softcover; 21,6 x 28 cm  
ISBN: 978-1-64724-090-5  
Stock No.: 7769  
Published: January 2023

Price  
Subject to changes!

£50.00

#### Quintessence Publishing Company, Ltd.

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 <https://www.quintessence-publishing.com/gbr/en>

## 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  
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**Categories:** General Dentistry, Endodontics, Periodontics