


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.

 Grafton Road
KT3 3AB New Malden, Surrey
United Kingdom

 +44 (0)20 8949 6087

 +44 (0)20 8336 1484

 info@quintpub.co.uk

 <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
- 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