


Edizione: 1st Edition 2023  
pagine: 132  
Immagini: 116  
Copertina: Softcover; 21,6 x 28 cm  
ISBN: 978-1-64724-090-5  
Pubblicato: gennaio 2023

#### Quintessenza Edizioni S.r.l.

 Via C. Menotti 65  
20017 Passirana di Rho (Milano)  
Italia

 +39 (0)2 / 931 82 264

 +39 (0)2 / 931 86 159

 [info@quintessenzaedizioni.it](mailto:info@quintessenzaedizioni.it)

 <http://www.quintessenzaedizioni.it>

## Informazioni sul libro

**Autori:** Juan Carlos Ortiz Hugues

**Titolo:** Ergonomics Applied to Dental Practice

#### Testo breve:

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

**Categorie:** Odontoiatria in generale, Endodonzia, Parodontologia