

Protect Your Health + Career

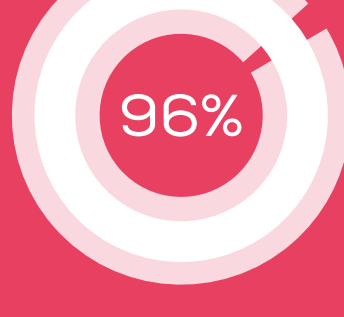
Ergonomic solutions designed for dental teams

Musculoskeletal Disorders

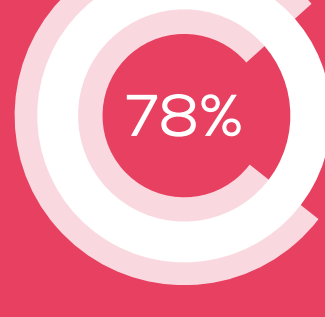
Are a leading cause of early retirement in dentistry^{1,2}

Contributing Factors:

- Prolonged sitting
- Repetitive motions
- Awkward postures



96% of dental hygienists³ experience musculoskeletal pain in any given year



78% of all dental professionals⁴ experience musculoskeletal pain in any given year



Did you know? Studies show that alternating sitting and standing working postures can significantly reduce the occurrence of pain and fatigue.^{5,6} In fact, standing up for procedures may be the best way to help lessen back strain.⁷

Stand Up for Health with the Midmark® Dental Chair

Wide Height Range

Accommodates clinicians from 4'11" to 6'2"—5th percentile female to 95th percentile male⁸



Exceptional 19" of Vertical Adjustment
Supports seamless movement from sitting to standing for an ergonomic workflow



Posture Pro Tip: Adjust the chair to keep the patient's upper or lower jaw plane parallel to your forearms and elbows, relieving tension in your neck and shoulders.



Did you know? Keeping tools and instruments within reach can help reduce strain on the shoulders, neck and back by limiting repetitive bending, twisting and stretching.

Optimize Ergonomic Reach with the Midmark® Dental Delivery System



Pivoting Arm

Positions instruments for your dominant hand to minimize twisting

Pivoting Worksurface
Delivers tools closer to your neutral zone for better posture



Posture Pro Tip: Work within your "neutral zone"—about 14–16" from your torso—so elbows rest close to your sides at 90°, reducing strain.



Did you know? Clinicians may spend up to **60,000 hours** working in tense and distorted positions over their careers—contributing to musculoskeletal issues.⁹

Sit Comfortably with Midmark® Dental Stools

Adjustable Backrest

Supports the lower back curve to reduce tension and fatigue⁷

Tilting Seat Plane

Opens the hip angle beyond 90° to support spinal alignment⁷

Contoured Seat with Waterfall Edge

Helps distribute weight evenly and relieve pressure on the thighs for lasting comfort

Adjustable Height

Helps keep feet flat on the floor for a balanced, neutral posture



Posture Pro Tip: Support better posture with 3 simple stool adjustments:

Midmark® Operator's Stool

1. **Backrest** – Set convex curve to touch lower back
2. **Tilt** – Angle seat forward 10–12°
3. **Height** – Adjust so feet are flat on the floor, thighs sloped gently downward



Midmark® Assistant's Stool

1. **Backrest** – Set convex curve to touch lower back
2. **Torso Bar** – Snug against torso, just below bottom rib
3. **Height** – Adjust so eyes are ~6" above dentist's with feet on footrest or floor



Protect your health—and your career—with
operatory solutions designed to work with your
body, not against it.

Ready to help reduce pain for your team?

REQUEST A CALLBACK

Sources:

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2. CDHA CE Course – <https://cdha.org/Portals/CDHA/PDF/CE%20Exams/Musculoskeletal%20Disorder%20Prevention%20in%20Dental%20Hygiene.pdf?ver=219yRnHg111QIRVA6fSw%3D%3D×tamp=1610417705460>
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Human height percentiles and measurements are based on composite anthropometric data from population surveys, including ANSUR II (more than 11,000 US Army personnel), NHANES III (approximately 40,000 US civilians) and CAESAR (more than 4,000 adult civilians from the US, Canada, the Netherlands and Italy), with ergonomic design implications supported by published research such as Chair Size Design Based on User Height, Biometrics 2023, 8(1):57. <https://doi.org/10.3390/biometrics8010057>

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