

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

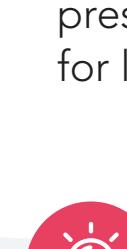


Did you know? Studies show that alternating sitting and standing working postures can significantly reduce the occurrence of pain and fatigue.^{5,6} In fact, standing up for procedures may be the best way to help lessen back strain.⁷

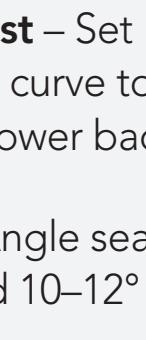
Stand Up for Health with the Midmark® Dental Chair

Wide Height Range

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

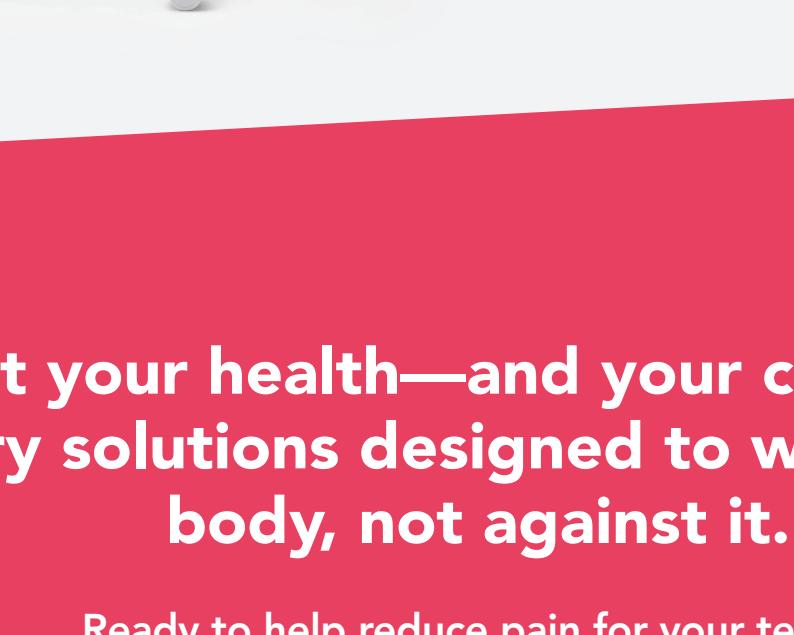


Posture Pro Tip: Adjust the chair to keep the patient's upper or lower jaw plane parallel to your forearms and elbows, relieving tension in your neck and shoulders.



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 Worksurface
Delivers tools closer to your neutral zone for better posture



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



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

Contoured Seat with Waterfall Edge
Helps distribute weight evenly and relieve pressure on the thighs for lasting comfort



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

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



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

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.

Ready to help reduce pain for your team?

REQUEST A CALLBACK ▶

Sources:

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4. VCU Scholar – <https://dx.plos.org/10.1371/journal.pone.0208628>

5. International Journal of Dental Health Sciences – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1440628/>

6. Health & Height – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1440627/>

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