

Tips for Ergonomic Practice

START WITH PATIENT POSITIONING

DID YOU KNOW?



It takes less than 2 years for a healthy dental clinician to develop musculoskeletal disorder (MSD) symptoms.¹

78%

A meta-analysis of 179 studies found the pooled annual prevalence rate of MSDs and musculoskeletal pain among dental professionals from Western countries to be a significant 78%.²



MSDs are one of the top reported reasons for early retirement among dentists.³

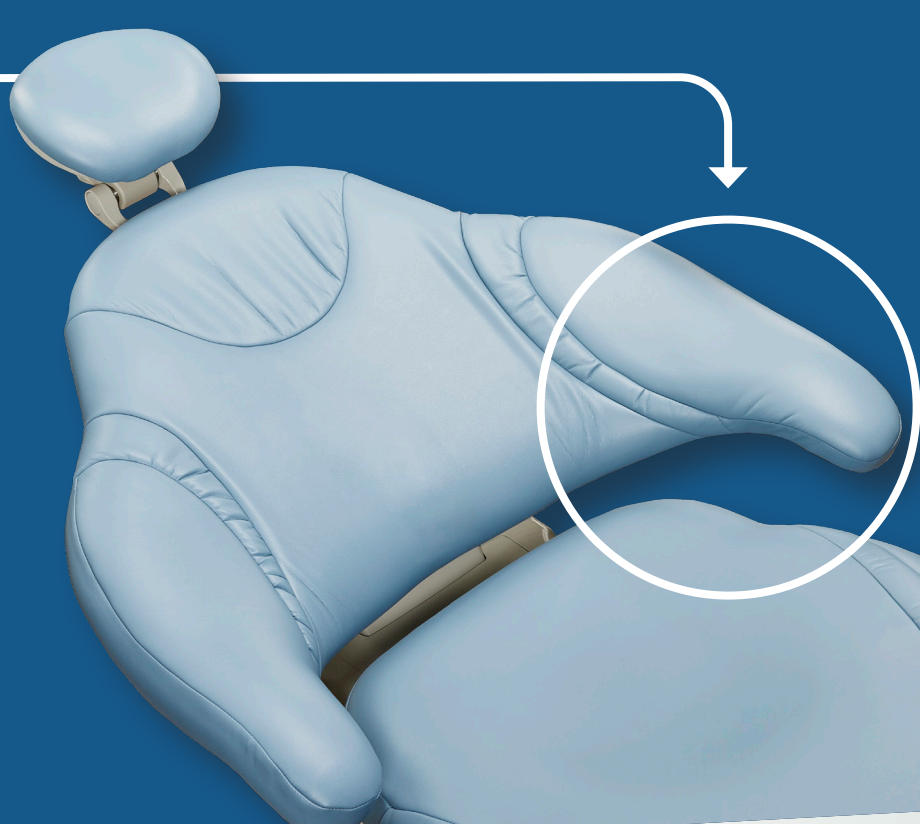
The key to increasing career longevity while decreasing pain is proper ergonomics. Protect your long-term health with an environment and equipment designed to promote proper positioning for you, your team and your patients.

Good ergonomic posture relies on proper patient positioning for better access to the oral cavity.

RETHINK ARMRESTS.

Typical dental chair armrests not only can impede a patient's chair entry and exit but also become "stress grips" for patients, which can cause them to scoot down in the chair and create tension in their hands and shoulders.

To avoid these issues, choose a chair with a unique armrest design like integrated armrests. **Integrated armrests provide clear access to the chair and help cradle the patient's arms and shoulders without presenting a tempting handhold that can move patients out of position.**

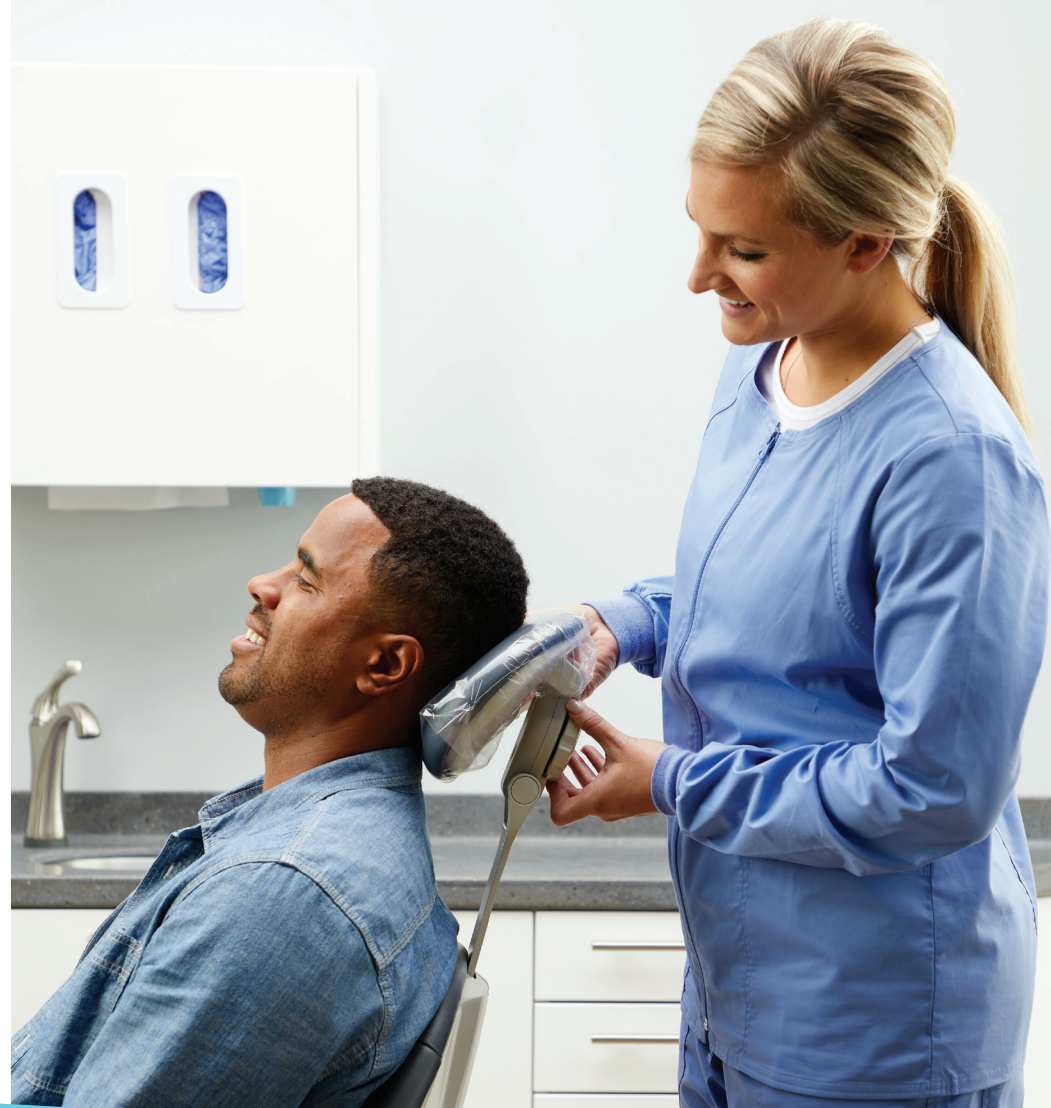


Use the headrest as a bullseye.



Another tip to position the patient correctly is to use the headrest as a bullseye. Before your patient sits in the chair, position the headrest high. A high headrest will create a target for the patient's head, helping them stretch to a better position and sit all the way back in the chair.

Once the patient is seated, adjust the headrest to accommodate their actual height and support their neck.



EASE PATIENT ACCESS



Make better positioning easier with Midmark.

Midmark dental chairs come standard with integrated armrests and double-articulating headrests, helping to simplify proper patient positioning for ergonomic practice.



To learn more about ergonomic dentistry and Midmark's ergonomic solutions for your operatories, visit midmark.com/dental.



Sources:
1 CAUT Health and Safety Fact Sheet – <https://www.caut.ca/docs/default-source/default-document-library/caut-health-and-safety-fact-sheet--ergonomics-for-dentists-hygienists-assistantsfc1842f1c6ef6d389810ff00005eedc3.pdf?sfvrsn=0>
2 PLoS ONE – <https://doi.org/10.1371/journal.pone.0208628>
3 International Journal of Clinical Pediatric Dentistry – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144062/>

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