

## Eighth District Dental Society

NECK, BACK & BEYOND

FRIDAY, OCTOBER 18, 2019

### Neck, Back & Beyond

Please RSVP by October 11, 2019

To register, complete the form below and return, or call the Dental Society at 716-995-6300. Your registration will not be processed until we receive payment.

| Sign up for:  | Price |
|---|-------|
| <input type="checkbox"/> Tripartite Member Dentist  | \$ 75 |
| <input type="checkbox"/> Non-Member Dentist         | \$150 |
| <input type="checkbox"/> Hygienist/Dental Assistant | \$ 50 |

Total: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

#### Method of Payment

- Check  
 Visa  
 MasterCard

\_\_\_\_\_  
Credit Card #

\_\_\_\_\_  
Exp. date

\_\_\_\_\_  
Signature

## Schedule

8:00 AM *Registration & Breakfast*

8:30 AM *Start of Lecture*

*\*Breakfast is buffet-style*

*The Eighth District Dental Society makes every effort to present high caliber speakers in their respective areas of expertise. The presentations of these speakers in no way imply endorsement of any opinion, product, technique or service in the course of any presentation. Eighth District Dental Society specifically disclaims responsibility for any material presented. Programs may be subject to change due to circumstances beyond our control.*

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Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at [www.ada.org/CERP](http://www.ada.org/CERP).

Eighth District Dental Society designates this activity for four (4) continuing education credit hours.

**ADA CERP**® | Continuing Education  
Recognition Program



**Eighth District**  
DENTAL SOCIETY

Eighth District Dental Society

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Buffalo, NY 14225

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# EIGHTH DISTRICT DENTAL SOCIETY

## NECK, BACK & BEYOND: PREVENTING PAIN WITH EVIDENCE-BASED DENTAL ERGONOMICS

FRIDAY, OCTOBER 18, 2019

8:00 AM - 12:00 PM

4 CE CREDITS

SALVATORE'S ITALIAN GARDENS

6461 TRANSIT ROAD

DEPEW, NY 14043



# NECK, BACK AND BEYOND

Did you know that one-third of dentists who retire early are forced to, due to a musculoskeletal disorder? The financial impact of poor ergonomics can be devastating to dental professionals, and resultant injuries can impair quality of life for you and your staff.

Pain is not a necessary by-product of delivering dental care! Effectively preventing work-related pain in dentistry requires addressing numerous risk factors, both inside and outside your operatory. In this lecture, Dr. Valachi combines 20 years of dental ergonomic experience with her doctorate research to teach truly effective strategies in the operatory to prevent pain and ensure career longevity. Through engaging demonstrations, you will discover powerful evidence-based strategies they can easily apply in the operatory: equipment selection & adjustment, patient positioning, body mechanics, lighting and other factors.

## COURSE OBJECTIVES

- ◆ Implement appropriate ergonomic interventions for chronic back, neck and shoulder.
- ◆ Identify 3 ergonomic criteria to select dental loupes that will improve their health...not make it worse!
- ◆ Make ergonomic modifications in the operatory with minimal expense.
- ◆ Position patients, headrest & overhead light correctly depending upon arch and tooth surface being treated.
- ◆ Position assistants correctly chairside.
- ◆ Identify unique pain patterns in specialists (endo, pedo, perio, ortho and oral surgeons) and implement specific interventions.
- ◆ Identify ergonomic features and adjustment of operator stools, patient chairs & delivery systems.
- ◆ Learn how pain develops in the operatory to wisely select effective interventions.

**SPEAKER - DR. BETHANY VALACHI, PT, DPT, MS, CEAS** is author of the book, *“Practice Dentistry Pain-Free”*, clinical instructor of ergonomics at OHSU School of Dentistry in Portland, OR and is recognized internationally as an expert in dental ergonomics. For over 20 years, Dr. Valachi has helped thousands of dental professionals prevent pain and extend their careers with her relevant, evidence-based dental ergonomic education. She has published more than 60 articles in peer-reviewed dental journals and offers AGD PACE approved dental ergonomic educational materials on her website at [www.posturedontics.com](http://www.posturedontics.com).

