

## “Perfect Posture Mechanics”

### **Bio:**

Ms. Stephanie Botts has been a clinical dental hygienist for over 15 years. She is a Certified Ergonomics Assessment Specialist providing both in-office and virtual ergonomics consulting and coaching to dental professionals. She also provides CE to dental and dental hygiene associations on the topic of ergonomics. Her experience as a clinical dental hygienist and ergonomics expert has allowed her to recognize the unique challenges of practicing pain-free in the dental setting. Stephanie believes that by learning effective strategies to optimize proper ergonomics both inside and outside the operator, dental professionals can practice pain-free and ensure career longevity.

### **Course Description:**

The dental profession is at high risk for musculoskeletal disorders (MSD), with up to 96% of practitioners reporting pain due to clinical work habits. This is due to repetitive movements, bending, twisting, reaching, incorrect operator and patient positioning, and performing repetitive movements in a static posture.

Ergonomics is the science of fitting the working environment to the practitioner, instead of forcing one's body to acclimate to the environment. Practicing proper ergonomics can increase productivity, decrease pain, and lengthen one's career. Allowing the individual to practice pain-free, ergonomics can increase the quality of one's life and work satisfaction.

At the conclusion of this course, participants will learn ergonomic techniques, stretches, and equipment choices to allow them to practice pain-free.

### **Course Objectives:**

- Identify unique cumulative stress and musculoskeletal disorders that affect dental professionals
- Incorporate improved ergonomics and stretches into daily life
- Review patient and operator positioning to improve ergonomics and reduce pain
- Assess ergonomic equipment to maintain proper positioning