



Practice Dentistry Pain-Free: Evidence-based Ergonomic Strategies to Prevent Pain and Extend Your Career

Bethany Valachi

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Two out of three dental professionals experience work related pain that can easily progress to an injury or early retirement. In her groundbreaking new book, Valachi has taken the problem of work related pain in dentistry and distilled it into the basic whys and hows that are imperative to effective injury prevention and treatment. Solidly backed with over 300 scientific references, this comprehensive wellness guide bridges the gap between occupational pain and dental ergonomics by offering effective, evidence based interventions. Specially developed for dentists, hygienists, assistants, faculty, students and front office, the book is written in a user friendly format, with over 100 illustrations. Special chapters on low back, neck, shoulder and hand pain explain how the most common pain syndromes develop in dentistry, and offer specific intervention strategies. Two chapters delve extensively into dental ergonomic equipment selection and adjustment, and the exercise chapter offers key exercises that help prevent painful muscle imbalances. A helpful Resources section at the end of the book, provides readers with additional ergonomic resources and contact information. Health care professional who treat dental professionals will find the book invaluable for helping to alleviate chronic pain syndromes.

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