

Smart Moves for Dental Professionals in the Operator: Chairside Stretching and Trigger-point Therapy

Presented by Bethany Valachi, PT, MS, CEAS



Purchase of the DVD "Smart Moves for Dental Professionals in the Operator: Chairside Stretching & Trigger-point Therapy" entitles the owner to download and complete this test for 2 CE credits. Additional tests may be purchased at www.posturedontics.com/continuing-education.php. **Cancellation/Refund Policy:** Any team members who is not 100% satisfied with this DVD course can request a full refund by contacting Posturedontics at info@posturedontics.com.

Test Questions

- A regular chair-side stretching program is important to the health of dental operators for which of the following reasons?
 - dental operators frequently find themselves in awkward positions, leading to the development of muscle imbalances
 - the body's adaptation to awkward postures can result in improper alignment of the spine and joints
 - even in proper working postures, over one half of the muscles in your body are in contraction, and without frequent breaks, trigger-points or pain may result
 - Chairside stretching can reverse accumulated muscle imbalances
 - all of the above
- The benefits of regular stretching include which of the following:
 - increases blood flow to muscles
 - lubricates joints and promotes normal range of motion
 - creates a CNS relaxation response
 - decreases pain
 - all of the above
- Safety is of paramount importance when stretching. Correct technique includes all except which of these?
 - never stretch in painful range
 - move rapidly into each stretch to maximize time spent with the muscle fully stretched
 - hold stretch for 2-4 breath cycles
 - perform stretch twice in a row as possible, and frequently throughout the day
 - stop stretch if an increase in pain is felt, trigger-point may be present
- The Essential neck sequence consists of which three stretches?
 - scalene stretch, trapezius stretch, and levator scapula stretch
 - scalene stretch, trapezius stretch, and neck & shoulder combo
 - scalene stretch, neck flexion, and neck extension stretches
 - scalene stretch, levator scapula stretch, and chin tuck
 - trapezius stretch, chin tuck, and neck extension stretch
- All of the following are true statements regarding the scalene muscles except:
 - the scalenes are composed of three separate bands: anterior, middle, and posterior
 - these muscles can become tight and painful when lifting arms away from the body
 - tightness in the scalene can compress vital nerves that innervate the arm
 - trigger-point symptoms can mimic CTS (carpal tunnel syndrome)
 - all of these statements are true
- What is the primary function of the Chin Tuck?
 - to stretch the scalene, trapezius, and levator scapulae muscles
 - to strengthen the sternocleidomastoid muscle
 - to strengthen the deep stabilizing neck muscles and stretch the suboccipital muscles
 - to provide for flexion of the cervical spinal discs
 - b and d
- The muscles that are mainly responsible for elevation of the shoulders, which are therefore commonly painful in dental professionals are:
 - the paraspinal and scalene muscles
 - the rhomboids, sternocleidomastoids, and trapezius muscles
 - the upper trapezius and levator scapulae muscles
 - the piriformis and trapezius muscles
 - the lower trapezius, middle scalene, and triceps muscles
- Which of the following statements are true?
 - the neck and shoulder combo stretch affects the rhomboids, upper trapezius, triceps, sternocleidomastoid, and posterior cervical muscles
 - the neck flexion stretch addresses muscles that are aggravated by a forward head posture
 - backward circles primarily relieve tension in the pectoralis muscles
 - a and b
 - b and c
- The main function of performing the Downward Squeeze is:
 - to strengthen the pectoralis muscles
 - to stretch the scalene muscles
 - to stabilize the cervical spine
 - to stretch the chest musculature and strengthen the stabilizing muscles of the shoulder girdle
 - all of the above
- Which stretch reverses the common awkward operating posture of leaning forward and to one side?
 - the Un-Twister
 - the Reversal
 - the Overhead stretch
 - Trunk Rotation
 - none of the above
- Which statement correctly describes the overhead stretch?
 - promotes spinal flexibility in rotation
 - gently stretches shoulder and side muscles to maintain flexibility of the shoulder joint
 - targets the lumbar and paraspinal muscles
 - a and c
 - none of the above
- Which of the following statements are correct?
 - the Reversal stretch is performed by extending backward, thereby reversing the common flexed operator posture, and can be performed either while seated or standing
 - the Trunk Rotation stretch is especially useful to those operators who must frequently rotate to one side, as when reaching towards a rear delivery system
 - the Thenar stretch alleviates tension from holding instruments and small objects in a pincer grip
 - none of the above
 - all of the above

13. Taking advantage of short microbreaks to stretch during the clinical day is integral to a Chairside stretching regimen, and dentists can utilize opportunities such as:
- A. while assistant is light curing composite or other material
 - B. while assistant makes an alginate impression
 - C. while waiting for anesthetic to take full effect
 - D. between patients or during a failed appointment
 - E. all of the above
14. Assistants should also stretch regularly and may utilize microbreaks including:
- A. while the dentist carves or sculpts a dental material
 - B. during a Chairside dentist-patient consult
 - C. while reflecting soft tissue with one hand and retrieving an instrument with the other
 - D. a and b
 - E. none of the above
15. Trigger-points frequently occur in dental operators and have all but which of the following clinical features:
- A. limited flexibility/range of motion
 - B. feels like a hard knot or pea upon palpitation
 - C. redness and edema
 - D. may be locally painful or refer pain to a distant part of the body
 - E. pain is not helped by stretching but rather worsened by it
16. What effects do trigger-points have within the muscle that they affect?
- A. decreased blood flow
 - B. atrophy
 - C. muscle fibers become elongated
 - D. a and c
 - E. a and b

17. Which of the following are acceptable methods to treat trigger-points?
- A. therapist trained in trigger point therapy
 - B. M.D. trained in spray & stretch trigger-point techniques
 - C. self-treatment
 - D. M.D. trained in trigger-point injection techniques
 - E. all of the above
18. Self-treatment of trigger-points is a viable approach for many dental operators because:
- A. it is practical and economical to own a self-massaging device
 - B. it becomes possible to treat your pain immediately
 - C. it is not necessary to wait for an appointment
 - D. all of the above
 - E. none of the above
19. What is the rationale for alternating between a five second continuous pressure and a five second massaging across a trigger-point:
- A. it decreases the likelihood of bruising
 - B. it encourages both trigger-point fatigue and promotes blood flow to the affected muscle fibers
 - C. endorphins are locally released, neutralizing any pain
 - D. a and c
 - E. all of the above
20. Which of the following does not describe the recommended trigger-point therapy self-massage technique?
- A. massage each trigger-point for approximately one minute per session
 - B. self-treat each trigger-point 3-5 times/day or until pain decreases to 1-2 on a scale of 1-10
 - C. stretch each affected muscle for 1-2 seconds after massage
 - D. aim for a discomfort level of 6-7 on a scale of 1-10 when applying pressure to a trigger-point
 - E. all of the above

Smart Moves for Dental Professionals in the Operator: Chairside Stretching and Trigger-point Therapy

Name _____ Title _____ Specialty _____

Name under which this DVD course was purchased _____

Address _____ E-mail _____

City _____ State _____ Zip _____

Phone _____ License # _____ AGD # _____

To receive dental continuing education credits, please complete the information on this page. One team member may receive 2 CEUs per DVD course. Additional team members may enclose a check for \$25.00 with this form to receive 2 CEU credits. Complete answer sheet in pen or pencil and mail this completed form to: **Posturedontics, LLC PO Box 25552 Portland, OR 97298** A score of 70% of greater will earn you 2 CE credits. For questions, please call 503-291-5121 or e-mail info@posturedontics.com.

Course Objectives

1. Understand how specific muscles develop tightness and ischemia in the operator.
2. Identify which muscles are prone to tightness among dental professionals.
3. Implement Chairside stretching to reduce microtrauma in the body.
4. Demonstrate proper trigger-point therapy self-treatment.

Course Evaluation

Please evaluate this course, using a scale of 5=Excellent to 0= Poor.

- | | | | | | | |
|--|---|---|---|---|---|---|
| 1. Were the course objectives accomplished? | 5 | 4 | 3 | 2 | 1 | 0 |
| 2. Speaker knowledge of subject matter | 5 | 4 | 3 | 2 | 1 | 0 |
| 3. Applicability of material to your job | 5 | 4 | 3 | 2 | 1 | 0 |
| 4. Visual aids | 5 | 4 | 3 | 2 | 1 | 0 |
| 5. Were the references adequate? | 5 | 4 | 3 | 2 | 1 | 0 |
| 6. Would you participate in a similar ergonomic program on a different topic in the future? _____Yes _____No | | | | | | |
| 7. Please describe the areas of the presentation you found most valuable. | | | | | | |
- _____
- _____

8. Was there any subject matter that you found confusing or could use improvement?
- _____
- _____

AGD Code 130

Answer Key

1. (A) (B) (C) (D) (E)
2. (A) (B) (C) (D) (E)
3. (A) (B) (C) (D) (E)
4. (A) (B) (C) (D) (E)
5. (A) (B) (C) (D) (E)
6. (A) (B) (C) (D) (E)
7. (A) (B) (C) (D) (E)
8. (A) (B) (C) (D) (E)
9. (A) (B) (C) (D) (E)
10. (A) (B) (C) (D) (E)
11. (A) (B) (C) (D) (E)
12. (A) (B) (C) (D) (E)
13. (A) (B) (C) (D) (E)
14. (A) (B) (C) (D) (E)
15. (A) (B) (C) (D) (E)
16. (A) (B) (C) (D) (E)
17. (A) (B) (C) (D) (E)
18. (A) (B) (C) (D) (E)
19. (A) (B) (C) (D) (E)
20. (A) (B) (C) (D) (E)