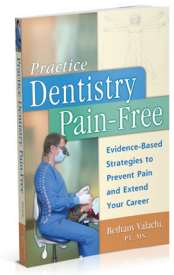
One-third of dentists who retire early are forced to, due to musculoskeletal injury.

WOULD YOU LIKE TO HELP YOUR ATTENDEES:

✔ ***Extend*** **their careers**
✔ ***Prevent*** **injuries**
✔ ***Increase*** **productivity**
✔ ***Improve*** **their quality of life?**

BETHANY VALACHI, PT, MS, CEAS Recognized internationally as a dental ergonomics expert, Bethany has helped thousands of dental professionals prevent pain and extend their careers with her passionate & engaging research-based seminars which consistently pack the room, often leaving ***standing room only!*** **Clinical instructor of ergonomics at OHSU School of Dentistry**, she also works with numerous dental and hygiene schools to improve ergonomics curriculum.



Bethany has been invited to lecture at more than 300 dental meetings worldwide, including the **Asia Pacific Dental Congress** in **Dubai**, **UAE**, attended by 60 countries.

Her book, *Practice Dentistry Pain-Free* has been distributed worldwide, and her dental ergonomic and wellness DVDs are popular throughout Australia, Europe and North America.

EVIDENCE-BASED ERGONOMIC SEMINARS

ORIGINAL, CAPTIVATING & POWERFULLY EFFECTIVE!

As a physical therapist married to a dentist, Bethany brings a unique blend of skills to her audiences. Her dynamic seminars captivate audiences by weaving research-based ergonomic interventions with **humor, audience participation, real-life stories** and **demonstrations.** This is truly life-changing education that is essential for any team member concerned with their musculoskeletal health and career longevity.

VIEW A DEMO VIDEO

> **"We received nothing but the highest evaluation marks on your presentation and are looking forward to your return. You make us 'shine'!!"**
>
> **–GWEN MELTON,** Meeting Planner, Western Regional Dental Conference

> **"I have had no back pain since your lecture for our dental society. I can't tell you the number of congratulations I received for your seminar."**
>
> **–DR. CHRISTOPHER SMITH,** Meeting Planner, Manhattan, KS

Recognized by Dentistry Today as a Leader in CE for the past 10 years!

AGD PACE Provider

Certified Ergonomic Assessment Specialist (CEAS)

National Speakers Association member (NSA)

— Sponsorship Available —

Academy of General Dentistry
PACE Program Approval for Continuing Education
FAGD/MAGD Approved

Bring Bethany to your dental meeting!

(503) 291-5121

bvalachi@posturedontics.com

www.posturedontics.com

SEMINARS

Practice Dentistry Pain-Free Evidence-based Strategies for a Long & Healthy Career	**Fitness 101 for Dental Professionals** Secrets for Comfort & Career Longevity	**Demystifying Pain among Women in Dentistry** Essential Ergonomic & Wellness Guidelines	**Scopes, Scalers & Saddle Stools** Are they Improving or Worsening your Health?	**Hygiene Shouldn't be a Pain in the Neck!**	**Optimize & Ergonomize Your Front Office**

— SEMINAR by BETHANY VALACHI —

PRACTICE DENTISTRY PAIN-FREE

EVIDENCE-BASED STRATEGIES FOR A LONG & HEALTHY CAREER

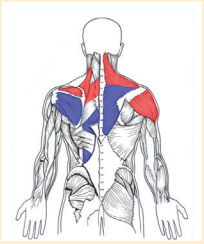
Half or full day course for the entire dental team OR customized for dentists & specialists only.

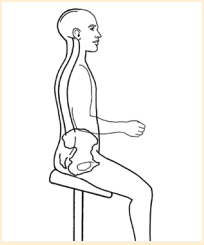
This research-based seminar for **dentists**, **specialists**, **hygienists**, and **assistants** bridges the gap between dental ergonomics and work-related pain so you can work more comfortably and productively. Delivered with high energy and humor, attendees will discover how equipment selection & adjustment, patient positioning, lighting, movement and operatory layout are affecting their health. Engaging demonstrations help attendees learn how to implement powerful evidence-based strategies to prevent work-related pain and improve quality of life.

*The **Fitness 101 for Dental Professionals** lecture was designed to follow this course to make a full day seminar.*

COURSE OBJECTIVES

- ✔ **Understand the etiology of work-related pain in dentistry to make health-wise choices in the operatory & at home**
- ✔ **Identify and implement appropriate ergonomic interventions for chronic back, neck & shoulder pain**
- ✔ **Identify the 3 essential ergonomic criteria for selecting loupes that will improve health—not make it worse!**
- ✔ **Properly select and adjust delivery systems, stools and chairs depending on operator size & job-type**
- ✔ **Make ergonomic modifications in the operatory with minimal expense**
- ✔ **Discover the newest guidelines for positioning patient, headrest and light to treat various arches and quadrants**
- ✔ **Learn 4 strategies for properly positioning the dentist with the assistant chairside**
- ✔ **Learn the unique muscle imbalances to which dental professionals are predisposed**
- ✔ **Discover how certain movement patterns in the operatory can cause shoulder & spine dysfunction**





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— SEMINAR by BETHANY VALACHI —

FITNESS 101 for DENTAL PROFESSIONALS

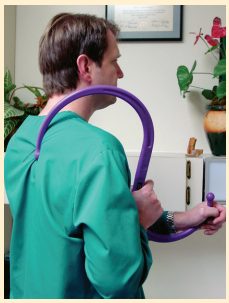
SECRETS FOR COMFORT & CAREER LONGEVITY

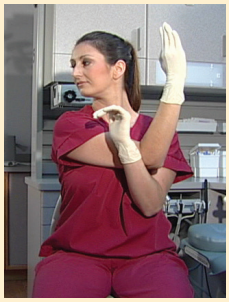
Half day course for the entire dental team

The delivery of dental care is demanding on the body. Dental professionals are prone to unique muscle imbalances and require special exercise, postural techniques and fitness guidelines to avoid pain syndromes, injury or early retirement. This research-based seminar that Bethany delivers with energy and humor will provide attendees which knowledge that they can apply immediately to improve their (and their patient's) overall health. Designed to follow **Practice Dentistry Pain-Free**, but it is not a prerequisite!

COURSE OBJECTIVES

- ✔ **Learn why dental professionals require specific exercise guidelines and how to incorporate a balanced exercise program developed specifically for dental professionals**
- ✔ **Identify generic exercises that can actually create & worsen pain syndromes**
- ✔ **Incorporate chairside stretching into the workday**
- ✔ **Identify painful trigger points in patients that manifest as a 'muscular toothache'**
- ✔ **Perform self-treatment techniques for painful trigger points in the neck/shoulder**
- ✔ **Implement a 6-step sequence for effectively managing & preventing chronic pain**
- ✔ **Identify criteria for selecting the right health care professional for specific pain symptoms**
- ✔ **Discover optimal sleeping & driving postures, and positioning aids**
- ✔ **Learn how to combat the detrimental physical effects of stress**





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LECTURES and PUBLICATIONS

Bethany has been invited to lecture at **over 300** dental conferences, societies, study clubs and schools internationally.

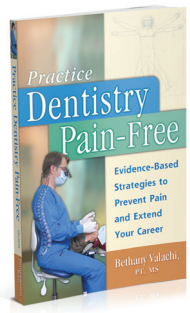
A creative photographer in Kerry, Ireland made Bethany look like a 'queen'!

PREVIOUS LECTURE ENGAGEMENTS

(PARTIAL LIST)

Asia Pacific Dental Congress – Dubai, UAE
International Dental Ergonomics Congress – Krakow, Poland
Belgian Endodontic Society – Brussels, Belgium
Irish Dental Association – Killarney, Ireland
Journées dentaires internationale du Québec – Montreal, QB, Canada
Jamaica Dental Association – Montego Bay, Jamaica
Seattle Study Club Annual Symposium – Cancun, Mexico
ADA Annual Session – Multiple cities
Chicago Mid-Winter Meeting – Chicago, IL, USA
American Association of Endodontists – Multiple cities
CDA Scientific Session – Los Angeles & San Francisco, CA, USA
Hinman Dental Meeting – Atlanta, GA, USA
RDH Under One Roof – Chicago, IL, USA
ADHA Annual Session – Multiple cities
Toronto Annual Winter Clinic – Toronto, ON, Canada
Rocky Mountain Dental Conference – Denver, CO, USA
New York University College of Dentistry – New York, NY, USA
Star of the North – Minneapolis, MN, USA
The TEXAS Meeting – Dallas, TX, USA
Star of the South – Houston, TX, USA
Yankee Dental Congress – Boston, MA, USA
University of Alberta Dental School – Edmonton, AB, Canada
Baylor Dental School – Dallas, TX, USA

PUBLICATIONS

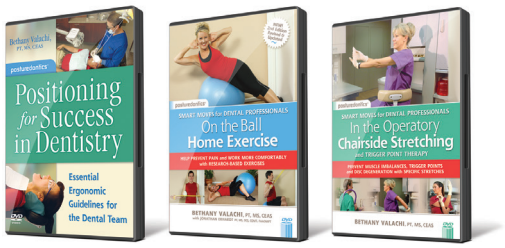


BOOK *Practice Dentistry Pain-Free: Evidence-based Strategies to Prevent Pain & Extend Your Career* (2008)

DVDs *Positioning for Success in Dentistry* (2010)

Smart Moves for Dental Professionals On the Ball—Home Exercise DVD (2012)

Chairside Stretching & Trigger Point Therapy DVD (2003)



ARTICLES

Over 60 articles in dental journals, including:

- JADA—Journal of the American Dental Association
- Inside Dentistry / Inside Dental Assisting
- Dentistry Today
- ADA Professional Product Review
- Dental Economics
- RDH Magazine
- Dental Practice Report
- Australian Dental Practice
- Woman Dentist Journal
- CDA Journal

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TESTIMONIALS

The following testimonials are from meeting planners & attendees. Use these testimonials on your marketing materials to pack the room at your next event!

"Your course has saved & extended my dental career. Rather than undergo surgery, I decided to take your seminar. Your advice has been golden. Thank you! Thank you!"
– **PAGE BARTON, DDS,** Lansing, KS, USA

"I was amazed at Bethany's knowledge on operative microscopes and ways to make economical ergonomic modifications to them. She received the longest ovation of any speaker for our dental society."
– **JEAN PIERRE-SIQUET,** Endodontist, Meeting Planner, Brussels, Belgium

"Thanks to your recommendations, I am now working with absolutely no pain and production is up 50% over what I was doing 2 years ago. Thank you so very much!!"
– **STEPHEN KUENNEMEIER, DDS,** Cincinnati, OH, USA

"This was one of the most relevant and well received lectures in our 7 years as a study club. Bethany took a potentially dry topic and made it entertaining, educational, and practical. Thank you for sharing your knowledge with us!"
– **DAVID W. ENGEN, DDS, MSD,** Diplomate, American Board of Periodontology

"Great course content, excellent instructor. It's about time! This information has been badly needed in dentistry. Finally someone has pulled it all together."
– **ALLAN TRONSET, DDS,** Seattle, WA, USA

"If you wish to hire a speaker who makes the meeting planner look good, this is the one."
– **LINDA MILES, CEO,** Virginia Beach, VA, USA

"Thank you for an excellent lecture. Yesterday was the first day in months that I have come home from work without pain!"
– **EIMEAR MITHEN, RDH,** Killrney, Ireland

"Ever since attending your lecture at the Jamaica Dental Conference this year, I have adjusted my posture and seating positions with much positive success! It is all very much appreciated."
– **YUNUS IBRAHIM, BSC, DDS,** Jamaica

"Your energetic lecture delivered with humor and honesty was excellent."
– **MARY WILSON,** Meeting Planner, Upper Island Dental Society, British Columbia

"This was the most beneficial course I have ever taken and should be part of the dental hygiene curriculum."
– **EVA SLATKIN, RDH,** Baltimore, MD, USA

"Still feeling better and better…thanks to your lecture. It is a great thing not to be in pain every day. I believe you are spot-on with your program."
– **GARY WILLIAMS, DDS,** Houston, TX, USA

"It is rare to attend a lecture that provides a lot of information that you can use immediately that is well delivered and have fun at the same time."
– **ROSS PROSS, DDS,** Tampa, FL, USA

"This information should be taught in all dental schools."
– **ROBERT MICHAM, DMD,** Spokane, WA, USA

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