

# Practice Dentistry Pain-Free

EVIDENCE-BASED STRATEGIES TO PREVENT PAIN AND  
EXTEND YOUR CAREER

Studies reveal that 2 out of 3 dental professionals  
experience musculoskeletal pain



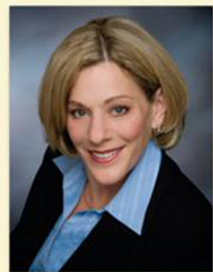
This research-based book bridges the gap between dental ergonomics and work-related pain so that you can work longer, more comfortably and with less fatigue. Discover how your job and equipment are affecting your health, and then implement powerful evidence-based strategies to prevent pain and injuries. After all, how successful is your dental career if your body retires before you do?

Designed for dentists, specialists, hygienists, staff, students  
and faculty

You will discover how to:

- Recognize pain syndromes unique to dentistry
- Implement appropriate interventions for chronic back, neck, shoulder, hand or wrist pain
- Select the proper equipment that fits you and your operatory
- Correct damaging posture and body mechanics before they cause pain
- Perform chairside stretches in your operatory to prevent microtrauma
- Identify which exercises benefit dental professionals

Bonus Chapters  
for Assistants and  
Front Office Staff



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