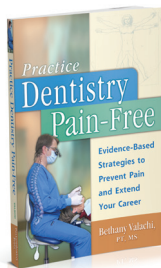


# One-third of dentists who retire early are forced to, due to musculoskeletal injury.

## WOULD YOU LIKE TO HELP YOUR ATTENDEES:

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

**DR. BETHANY VALACHI, PT, DPT, 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 evidence-based seminars which consistently pack the room. **Clinical instructor of ergonomics at OHSU School of Dentistry**, she has delivered over **700 lectures worldwide**, including Dubai, Poland, Belgium, Ireland and Jamaica.



Bethany's **recent doctorate studies** revealed groundbreaking new dental ergonomic and wellness interventions which continue to enhance her lectures. 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!

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 essential, life-changing education 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 —



Bring Dr. Valachi to your dental meeting!

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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**

# LECTURES and PUBLICATIONS

Dr. Valachi has delivered **over 700 lectures** at dental conferences, societies, study clubs and schools internationally.



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

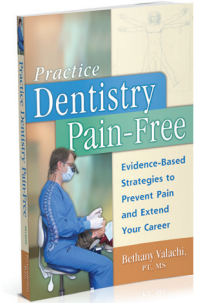
## PREVIOUS LECTURE ENGAGEMENTS

### (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)

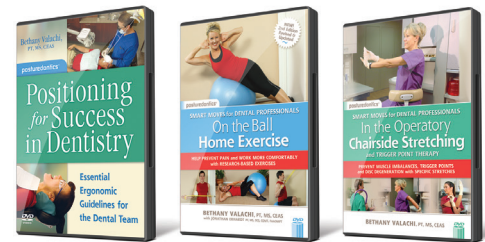


**DVDs** *Positioning for Success in Dentistry* (2010)

*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

**Awesome!!**   
EXCELLENT   
GOOD   
AVERAGE   
POOR



**“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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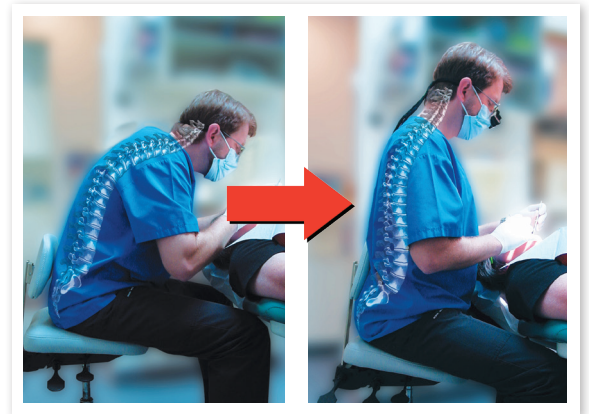


# PRACTICE DENTISTRY PAIN-FREE

## EVIDENCE-BASED STRATEGIES FOR A LONG & HEALTHY CAREER

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

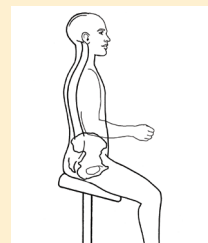
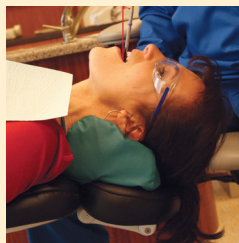
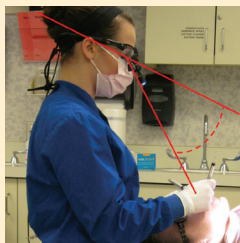
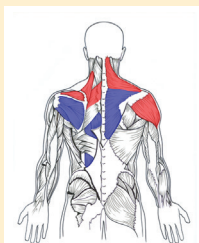
This research-based seminar for **dentists, specialists, hygienists, and assistants** bridges the gap between dental ergonomics and work-related pain so you can work more comfortably and productively. Delivered with high energy and humor, attendees will discover how equipment selection & adjustment, patient positioning, lighting, movement and operator 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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# 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 with 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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# GETTING to the ROOT of WORK-RELATED PAIN in ENDODONTICS

## EVIDENCE-BASED STRATEGIES FOR A LONG & HEALTHY CAREER

**Y**ou have a microscope, you sit up straight (you think)—then why do so many endodontists experience pain and discomfort?

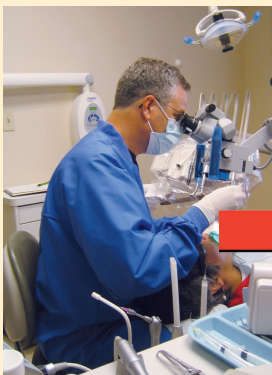
This ground-breaking seminar explores the unique musculoskeletal and ergonomic challenges that endodontists encounter daily. Through lecture, demonstration and participation, attendees will learn how posture, patient positioning, microscope adjustment, movement, equipment selection, and operatory layout impact their health and apply research-based interventions. Doctors will walk away with techniques they can apply immediately in the operatory.



### COURSE OBJECTIVES

At the conclusion of the course, attendees will be able to:

- ✓ Properly position patients and microscopes for treating all teeth in the upper and lower arches
- ✓ Identify selection criteria and make ergonomic modifications to microscopes
- ✓ Properly select and adjust delivery systems, stools and chairs depending on operator size and room layout
- ✓ Learn a sequence for endodontist positioning at the microscope that releases tension in the neck and extraocular muscles
- ✓ Apply proper body mechanics and chairside stretching in the operatory to prevent back, neck, shoulder, arm and hand pain



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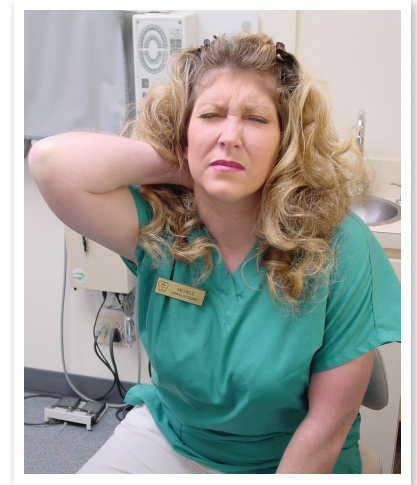
# DEMYSTIFYING PAIN AMONG WOMEN in DENTISTRY:

## ESSENTIAL ERGONOMIC & WELLNESS GUIDELINES

### Half day course

**F**emale dental professionals experience a higher prevalence and severity of occupational pain than their male counterparts, with the most problematic areas being the neck (up to 87%) and shoulder (up to 76%) followed closely by hand and wrist pain.

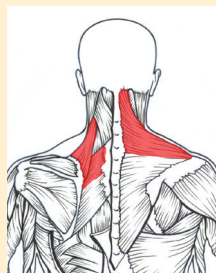
This research-based seminar for women dental professionals bridges the gap between dental ergonomics and work-related pain so you can work more comfortably, increase productivity and extend your career. Through lecture, demonstration and participation, women dental professionals will learn the unique muscle imbalances to which they are prone, and how these can be improved through proper posture, movement, equipment selection, adjustment and operator layout. Attendees will walk away with evidence-based techniques they can apply immediately in the operator.



Add **Fitness 101 for Dental Professionals** after this course to make a full day lecture.

### COURSE OBJECTIVES

- ✓ Understand why women experience more pain than men
- ✓ Identify how muscle imbalances can cause neck and shoulder pain among female dental professionals
- ✓ Identify and implement interventions for pain syndromes that are common among female dental professionals, including osteoarthritis of the thumb, hip pain, carpal tunnel syndrome, thoracic outlet syndrome, rotator cuff tendinitis, DeQuervains, lateral epicondylitis & tension neck syndrome
- ✓ Implement gender-specific ergonomic guidelines to properly select and adjust delivery systems, stools and chairs depending on operator size, job-type and operator size
- ✓ Identify & correct ergonomic positioning challenges that lead to neck and shoulder pain in women and implement modifications during pregnancy
- ✓ Learn why female dental professionals require specific strengthening guidelines



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# OPTIMIZE and ERGONOMIZE YOUR FRONT OFFICE

## Half day course for the front office

**W**hile the prevalence of work-related pain & injury in the dental operatories is well-documented, the ergonomic challenges in the front office are oftentimes overlooked. In some practices, the musculoskeletal pain in the front office rivals that experienced by dental operators. If ignored, this pain can progress to become an injury or career-ending disability.

Among front-office workers, the 'hot spots' for pain tend to be the neck, shoulder, hand and wrist pain. Discover how to correct poor working postures and office layouts with easy ergonomic modifications.



## COURSE OBJECTIVES

- ✓ Identify the primary causes of work-related pain among front office staff
- ✓ Implement proper body mechanics in the front office
- ✓ Determine proper keyboard height and select the proper keyboard system
- ✓ Properly position the mouse
- ✓ Incorporate strategies to minimize eye fatigue
- ✓ Optimize lighting in the front office
- ✓ Modify an existing front office chair to make it 'ergonomic'
- ✓ Discover the detrimental effects of holding phone between shoulder & ear
- ✓ Identify how to select a phone headset system that works for your office
- ✓ Implement modifications to existing work stations with minimum expense
- ✓ Learn how to properly select & adjust office chairs
- ✓ Perform workplace stretches to prevent muscle fatigue and pain
- ✓ Identify the causes of carpal tunnel syndrome and how to prevent it in the front office



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# HYGIENE SHOULDN'T BE A PAIN in THE NECK

## Half day lecture for dental hygienists

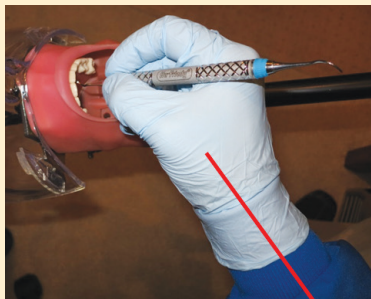
A staggering 80% of hygienists who retire early are forced to, due to work-related pain. This research-based seminar for dental hygienists fills a void in the dental education—bridging the gap between dental ergonomics and work-related pain. Discover how equipment selection, adjustment, movement and positioning are affecting your physical health. Implement effective prevention and self-treatment strategies based on clinical experience and research. Hygienists will walk away with techniques they can apply immediately in the operator to reduce work-related pain, prevent injury and increase career longevity.

Add **Fitness 101 for Dental Professionals** after this course to make a full day lecture.



## COURSE OBJECTIVES

- ✓ Discover how muscle imbalances can cause neck and shoulder pain among female hygienists and effective prevention strategies.
- ✓ Learn the 3 ergonomic criteria to select dental loupes that will improve your neck health...not make it worse!
- ✓ Implement essential positioning guidelines for hygienist, patient, chair, headrest and lighting for treating different areas of the mouth
- ✓ Incorporate the use of special positioning aids to treat difficult patients
- ✓ Learn how to 'ergonomize' the operator with minimal expense
- ✓ Identify ergonomic criteria for selecting and adjusting operator stools, instruments and delivery systems



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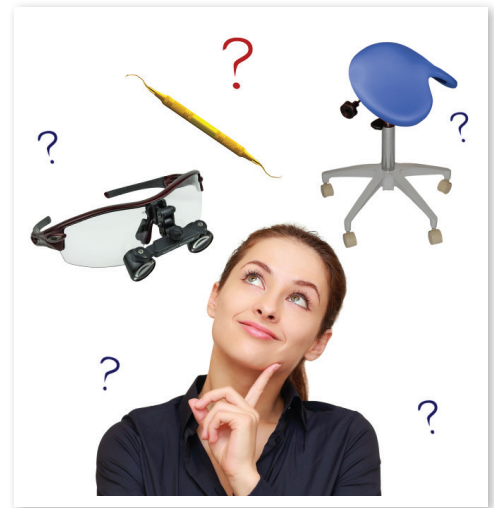
# SCOPES, SCALERS and SADDLE STOOLS

## ARE THEY IMPROVING OR WORSENING YOUR HEALTH?

### Half day course for the entire dental team

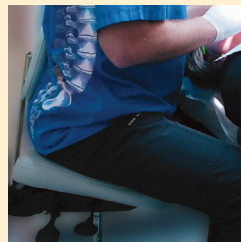
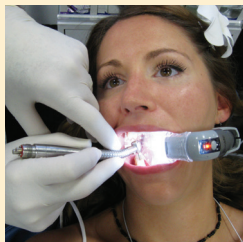
**D**id you know that improperly adjusted or poorly designed dental loupes can actually cause neck pain?

Based on the latest research, this engaging & interactive seminar will examine how today's most prominent ergonomic products impact your health: **loupes, microscopes, extraction tools, intra-oral lighting options, chairs, delivery systems, stools, hand instruments** and **more**. Through wise selection and adjustment of equipment in the operatory, dentists, specialists, hygienists and assistants can work more comfortably, productively and with less fatigue.



### COURSE OBJECTIVES

- ✓ Discover the latest ergonomic equipment on the market to improve your health & increase productivity
- ✓ Implement microscope selection and ergonomic modification guidelines
- ✓ Identify the 3 essential criteria for selecting dental loupes that will improve your neck health ... not make it worse!
- ✓ Properly select and adjust delivery systems, stools and chairs depending on operator size, job-type and operatory size
- ✓ Utilize patient positioning aids to improve patient positioning
- ✓ Make economical ergonomic modifications to the operatory with minimal expense
- ✓ Select appropriate ergonomic equipment to effectively address musculoskeletal pain in the back, neck, shoulder and hands



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