



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

By 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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By *Bethany Valachi*

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

- Sales Rank: #458015 in Books
- Published on: 2008-06-15
- Number of items: 1
- Binding: Perfect Paperback
- 238 pages

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Editorial Review

Review

I am reading your book now (Practice Dentistry Pain Free). I am half way through in 2 days and I can not put it down. I am amazed at the level of information, research, and effort you have put in writing this book. I am truly thankful to you for this work. This book should be used as a textbook in every dental school. I think a lot of pain in a lot of future dentists could be prevented if dental students and all healthcare workers are educated using this book. I urge you to discuss this with the ADA. Again thank you. --Dr. Amir Korouri, Beverly Hills, CA

About the Author

Bethany Valachi, PT, MS, CEAS is recognized as a leading dental ergonomic expert. She is a physical therapist, dental ergonomic consultant and President of Posturedontics®, a company that provides research-based dental ergonomic education. Clinical instructor of ergonomics at OHSU School of Dentistry in Portland, Oregon, Bethany has provided expertise on dental ergonomics to numerous practicing clinicians and schools, including faculty training at NYU College of Dentistry. She is a member of the National Speakers Association, and lectures internationally at dental meetings, schools, associations and study clubs. She is ergonomic columnist for Dental Economics journal, and has been published in many peer-reviewed dental journals, including the Journal of the American Dental Association, Contemporary Oral Hygiene, Australian Dental Practice and others. Bethany has also produced Chairside Stretching and Home Exercise DVDs specifically for dental professionals. She lives in Portland, OR with her husband, Dr. Keith Valachi who operates a private dental practice.

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