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Beyond ergonomics: Why you are still practicing dentistry in pain and how to stop?

In 2015, Business Insider ranked dentistry as the number one profession most dangerous to your health. Great advances have been made in dental ergonomics over the past few decades to address the serious health consequences of delivering dental care. This has created a greater awareness of the physical, psychological and financial consequences of dentistry and the need to change how dental professionals practice. Despite these advances, recent research reveals 60-80% of dentists and up to 95% of dental hygienists practice in pain. The fantastic news is that this pain can be 100% eliminated. Beyond Ergonomics is a course designed for dental professionals to practice and who want to take action to improve their health and extend their careers by learning how to stop pain. Participants of this class will explore the fundamental building blocks of pain and learn strategies to interrupt it at the physiological level. Participants will discover the secrets of creating, organizing and performing effective individualized assessments in order to tailor interventions specifically designed for their bodies and unique delivery of care. Assessing environmental, physical and psychological contributions to pain and applying personalized strategies is the only way to realize pain free dentistry. Beyond Ergonomics empowers dental professionals to take control of their practice and regain your love of dentistry.

Biography

Juanita Benedict is a Doctor of Physical Therapy, Certified Ergonomic Assessment Specialist, Dental Blogger and Founder of Healthy Solutions for Dental Professionals. Her expert knowledge of the body and personal experience in the dental field provides her a distinctive perspective on practicing dentistry in pain. She uses her unique skill set to consult dental professionals, speak with professional groups as well as students, and regularly contributes to several blogs. Her mission is to rescue the health of dental professionals by providing high quality evidence based information that is easily accessible and implementable.

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