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**Alan J Kilistoff**

University of Alberta, Canada

## Ergonomics and surgical loupes magnification in dental practice

Repetitive strain injuries and pain experienced by dentists and dental hygienists are a common occurrence. In a study by Rucker and Sunnell (2000), 34% of dentists attribute their pain entirely to their work in dentistry, and another 54% attributed their pain at least partially to their work in dentistry. Other studies indicate that hygienists are at least as vulnerable to developing chronic pain from their work. There is some evidence to support that developing and maintaining good working posture can reduce the risk of developing pain and musculo-skeletal disorders. The challenge is to have good posture and to be able to perform the many tasks that are unique to dentistry. Knowledge and experience is readily available on how to sit and to function properly at a desk or other office setting. Little is taught on how to deliver dental services while maintaining good posture. This presentation will discuss tips and techniques that will allow the dental practitioner to perform optimally and reduce the risk of musculo-skeletal disorders. By operating in balance, dental practitioners, can not only work more comfortably, but can reduce the risk of chronic pain that may limit their dental career.

## Biography

Alan J Kilistoff is currently a Clinical Professor at the University of Alberta, Canada. He graduated from the University of British Columbia, Canada, in 1976 with a DMD, and practiced in a private clinic for 28 years. He started teaching at the University of British Columbia in 2000, moved to the University of Saskatchewan in 2005 and is currently teaching at the University of Alberta. In 2009, he received a Master of Education Technology from the University of British Columbia. His current interests are: Ergonomics and dental loupes magnification, dental materials, dental education (particularly tacit knowledge and psycho-motor skill development) and operative dentistry.

[kilistof@ualberta.ca](mailto:kilistof@ualberta.ca)