

No books required...



"Whoever coined the phrase 'my job is a pain in the neck' could have been a dentist. In few careers can this phrase be interpreted more literally than dentistry.

Properly adjusted loupes can reduce muscle strain in the neck and upper back by promoting proper neck and shoulder posture."

Bethany Valachi

Keeler

Does Dentistry have to be a pain in the neck?

Keeler don't think so... 80% of dentists suffer from neck and back problems. It is the no.1 cause of early retirement in the dental profession. Addressing these problems before they arise can only be achieved by practising good posture techniques whilst you are still at dental school.

"Days (or years) spent trying to get closer to patient's mouths so we can try to see what we are doing takes its toll eventually. The exaggerated forward head movement, combined with rotation (for those who refuse to use a mirror for upper teeth) is a very effective way to induce neck, arm and shoulder pain. Speak to a hundred 40 year old dentists, and see how many of them do not regularly suffer from either lower back pain or pain originating from the cervical spine.

In the case of upper back pain and pain of cervical origin, a significant contribution to the problem may arise from shoulders being raised to compensate for a reduced working distance as the (non-magnification using) operator gets close to the patient. This in combination with the head being centred away from the long axis of the spinal column means long hours of muscular over-activity, and high loads being placed upon spinal joints.

Keeler produce a range of magnifications and working distance from 13-18" for seated use to suit different physiques. One study concluded that the average dentist would benefit greatly from increasing their working distance by 6-8".

*Paul Cruci
Dental Surgeon BDS LDSRCS MFGDP
MGDSRCS DPDS*



*Keeler
XL Advantage system*

"Two of the most critical factors to consider when purchasing loupes are working distance and declination angle. Working distance is the distance from the operator's eye to the working area. The declination angle is the steepness of the downward viewing angle the scopes allow. A good declination angle will allow you to work with a more upright, neutral neck posture, about 25 to 30 degrees of neck flexion (head tilt).

Possibly one of the biggest contributing factors to neck and shoulder pain among dentists is positioning the patient too high. This causes elevation of the shoulders and abduction of the arms leading to prolonged, static muscular tension in the neck and shoulders. Magnification enables operators to maintain a greater working distance and position patients lower, with shoulders relaxed and forearms approximately parallel to the floor.

Most frequently, however, most neck and shoulder problems originate from postural problems that lead to muscle imbalances. If these imbalances are not addressed, they can eventually compress nerves and discs and cause joint dysfunction. Education in dental schools may help dentists develop healthy postural habits and maintain balanced musculoskeletal health before they sustain a musculoskeletal injury. Addressing muscular pain early on can make the difference between a satisfying, lengthy career or painful early retirement."

*Bethany Valachi, MS, PT, CEAS
Dental Ergonomic Consultant
Owner of Posturedontics®, LLC
www.posturedontics.com*



*NEW Keeler SuperVu
Hi-Res Galilean system*



Posture without Loupes



Posture with Loupes

Keeler Loupes are the ideal solution for a better posture in practice offering increased working distance, less strain on your back and neck, better access for your assistant and greater patient comfort through increased personal space.

For more information on Keeler Loupes Freephone 0800 521251

Keeler

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