

Perfect Posture Mechanics: Part II - Into the Operatory



Course Author(s): Stephanie Botts, RDH, BSDH, CEAS
CE Credits: 1.5 Hour(s)
Intended Audience: Dentists, Dental Hygienists, Dental Assistants, Dental Students, Dental Hygiene Students, Dental Assistant Students
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Online Course: www.dentalcare.com/en-us/ce-courses/ce672

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Conflict of Interest Disclosure Statement

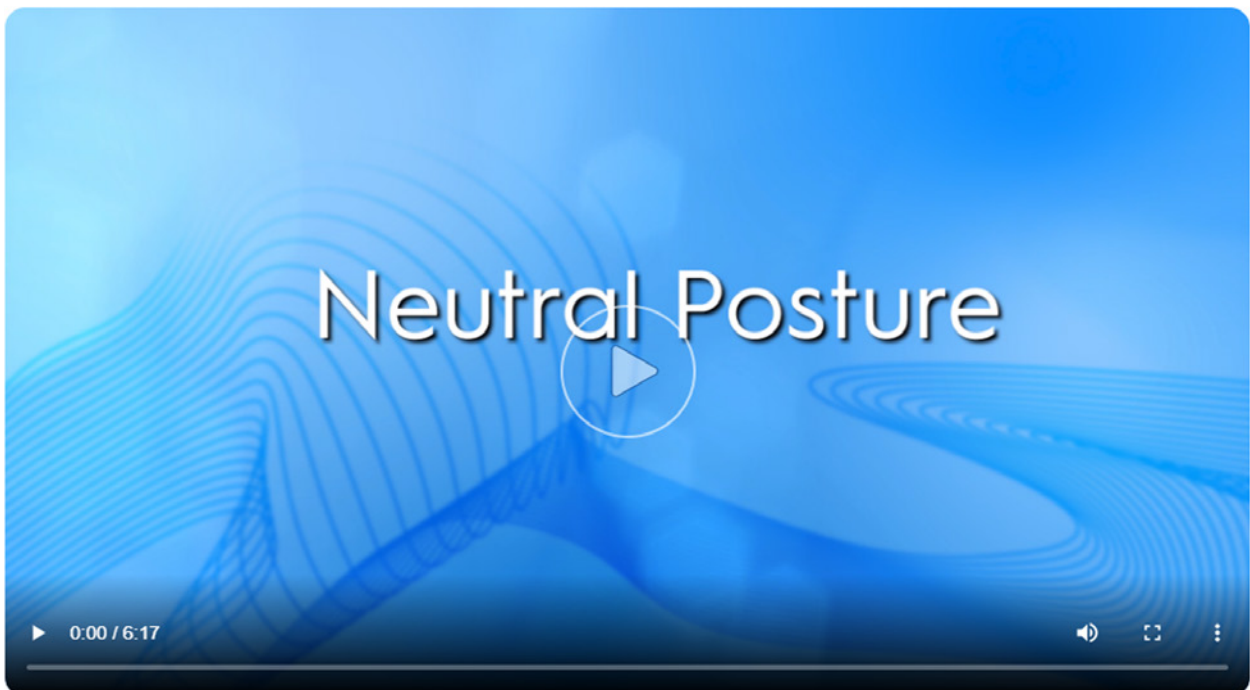
- Ms. Botts is the owner of Polished Posture, an ergonomic consulting company. She has no relevant financial relationships to disclose.

Equipment



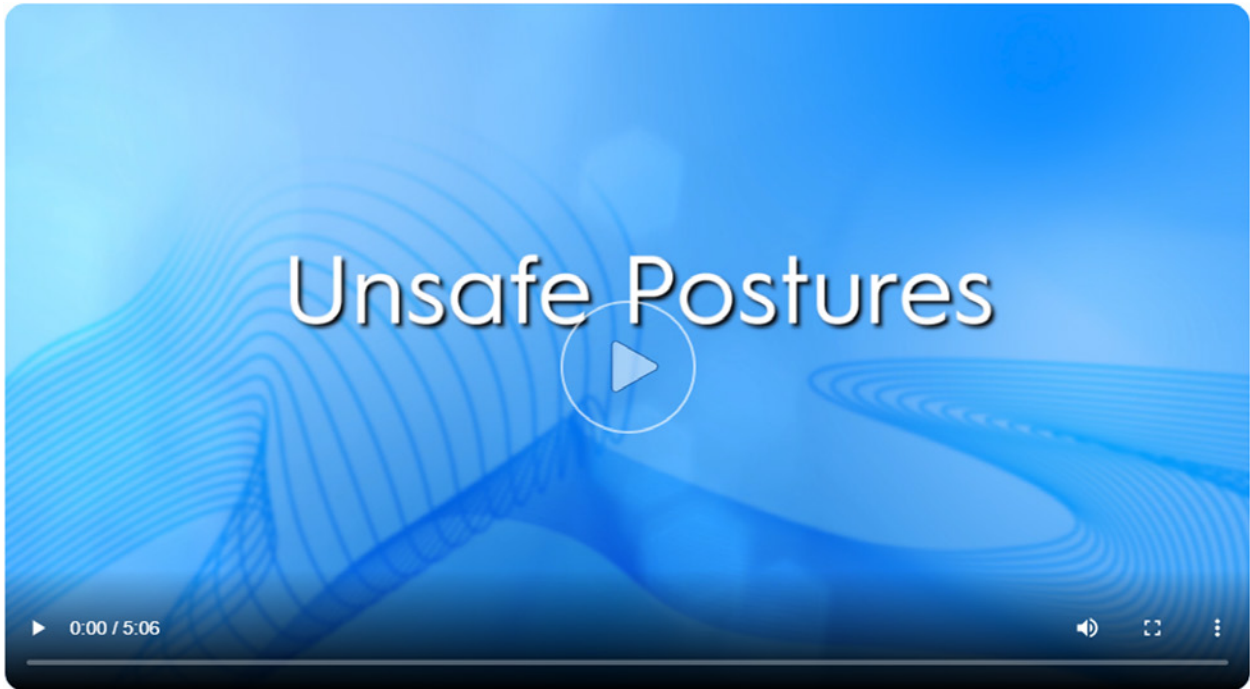
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Neutral Posture



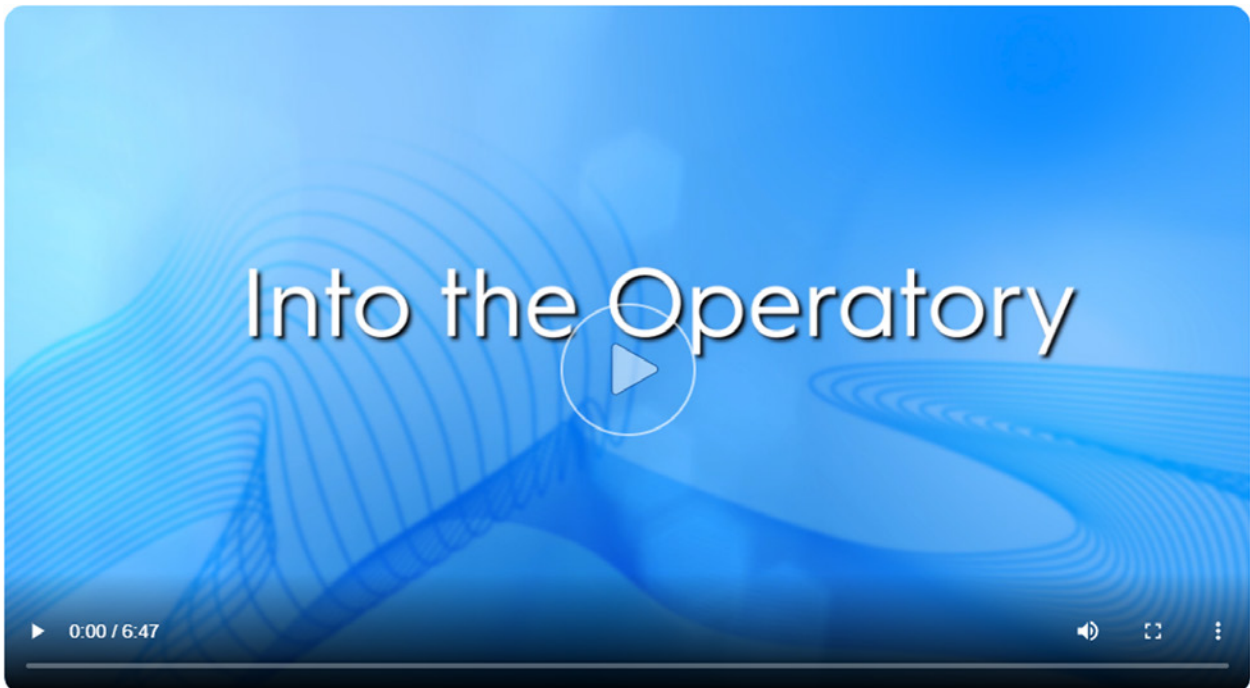
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Unsafe Postures



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Into the Operator



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Operator Positioning



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Patient Positioning



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Conclusion



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8. Which statement(s) describe the what the clinician should do when seated at 9 o'clock or 3 o'clock positions?
- A. Ensure they are facing the patient directly from the side.
 - B. Sit sideways and lean in toward the patient.
 - C. Try to limit these clock positions.
 - D. Both A and C
9. Which are goals of patient positioning?
- A. Ensure the patient does not move for the entire appointment.
 - B. Adjust the position depending on the arch being treated.
 - C. Ensure the patient position supports the clinician in neutral posture.
 - D. Both B and C
10. Which statement is true regarding patient positioning when treating the mandibular arch?
- A. The patient chair back should be 20-30 degrees elevated from the horizontal plane.
 - B. The occlusal plane should be behind the vertical plane.
 - C. The headrest should be angled steeply down.
 - D. The operator should always sit.
11. All of the following are true when holding onto the suction while working EXCEPT one, which is the exception?
- A. It always promotes healthy ergonomics.
 - B. One cannot use indirect vision, therefore compromising ergonomics.
 - C. Promotes excessive pinch/grip force.
 - D. Promotes awkward postures.
12. Saddle stools are universal.
- A. True
 - B. False

References

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Additional Resources

- No Additional Resources Available

About the Author



Stephanie Botts, RDH, BSDH, CEAS

Ms. Stephanie Botts has been a clinical dental hygienist for over 14 years. She is a Certified Ergonomics Assessment Specialist providing both in-office and virtual ergonomics consulting and coaching to dental professionals. She also provides CE to dental and dental hygiene associations on the topic of ergonomics. Her experience as a clinical dental hygienist and ergonomics expert has allowed her to recognize the unique challenges of practicing pain-free in the dental setting. Stephanie believes that by learning effective strategies to optimize proper ergonomics both inside and outside the operator, dental professionals can practice pain-free and ensure career longevity.

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