Module 4

Mirror and Finger Rests in Anterior Sextants

Module Overview

This module describes techniques for using a dental mirror and finger rests in the anterior treatment areas. It begins with an introduction to the dental mirror and its uses. Covered next is information on recommended wrist position and hand placement during instrumentation. The third section of the module presents information on fulcums and finger rests. A step-by-step technique practice for using a mirror and finger rests in the anterior treatment sextants is found in Sections 5 and 6.

Module Outline

SECTION 1 The Dental Mirror
- Types of Dental Mirrors
- Uses of Dental Mirror

SECTION 2 Wrist Position for Instrumentation
- Neutral Wrist Position
- Guidelines for Neutral Wrist Position

SECTION 3 The Fulcrum
- Intraoral Fulcrum
- Summary Sheet: Technique for Intraoral Fulcrum
- Extraoral Fulcrum
- Flow Chart: Sequence for Establishing a Finger Rest

SECTION 4 Technique Practice for Transillumination
- Procedure for Transillumination

SECTION 5 Skills for the RIGHT-Handed Clinician
- Directions for Technique Practice
- Handle Position for Mandibular Anterior Treatment Areas
- Technique Practice: Mandibular Anterior Teeth
- Handle Position for Maxillary Anterior Treatment Areas
- Technique Practice: Maxillary Anterior Teeth
- Reference Sheet for Anterior Treatment Areas for the RIGHT-Handed Clinician
SECTION 6  **Skills for the LEFT-Handed Clinician**  89

Directions for Technique Practice
Handle Position for Mandibular Anterior Treatment Areas
Technique Practice: Mandibular Anterior Teeth
Handle Position for Maxillary Anterior Treatment Areas
Technique Practice: Maxillary Anterior Teeth
Reference Sheet for Anterior Treatment Areas for the LEFT-Handed Clinician

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Practical Focus
Skill Evaluation Module 4: Mirror and Finger Rests in Anterior Sextants

**KEY TERMS**

Dental mirror  Transillumination  Intraoral fulcrum
Indirect vision  Neutral wrist position  Extraoral fulcrum
Retraction  Fulcrum  Advanced fulcrum
Indirect illumination  Support beam

**LEARNING OBJECTIVES**

1. Name and describe three common types of dental mirrors.
2. Demonstrate use of the mirror for indirect vision, retraction, indirect illumination, and transillumination.
3. Demonstrate an extraoral and intraoral finger rest.
4. Position equipment so that it enhances neutral positioning.
5. Access the anterior teeth with optimum vision while maintaining neutral positioning.
6. Demonstrate correct mirror use, grasp, and finger rest in each of the anterior sextants while maintaining neutral positioning of your wrist.
7. Recognize incorrect mirror use, grasp, or finger rest, and describe how to correct the problem(s).
8. Understand the relationship between proper stabilization of the dominant hand during instrumentation and the prevention of (1) musculoskeletal problems in the clinician’s hands and (2) injury to the patient.
9. Understand the relationship between the large motor skills, such as positioning, and small motor skills, such as finger rests. Recognize the importance of initiating these skills in a step-by-step manner.
SECTION 1

The Dental Mirror

TYPES OF DENTAL MIRRORS
The three common types of dental mirrors are the front surface mirror, the concave mirror, and the plane mirror. The plane mirror is also known as a flat surface mirror. The characteristics of each type of dental mirror are listed in Table 4-1.

Dental Mirror or Mouth Mirror. The working-end of a dental mirror has a reflecting mirrored surface used to view tooth surfaces that cannot be seen directly.

<table>
<thead>
<tr>
<th>Type</th>
<th>Characteristics</th>
</tr>
</thead>
</table>
| Front Surface      | Reflecting surface is on the front surface of the glass  
|                    | Produces a clear mirror image with no distortion       |
|                    | Most commonly used type because of good image quality  |
|                    | Reflecting surface of mirror is easily scratched       |
| Concave            | Reflecting surface is on the front surface of the mirror lens |
|                    | Produces a magnified image (image is enlarged)         |
|                    | Not recommended because the magnification distorts the image |
| Plane (Flat Surface)| Reflecting surface is on the back surface of the mirror lens |
|                    | Produces a double image (ghost image)                  |
|                    | Not recommended because double image is distracting    |
USES OF DENTAL MIRROR

The dental mirror is used in four ways during instrumentation: (1) indirect vision, (2) retraction, (3) indirect illumination, and (4) transillumination. Box 4-1 lists proper use of the dental mirror.

Indirect vision. Indirect vision is the use of a dental mirror to view a tooth surface or intraoral structure that cannot be seen directly.

In this example of indirect vision, a dental mirror is used to view the lingual surfaces of the maxillary right first premolar. Note that you can see the dental instrument in the mirror.

Retraction. Retraction is the use of the mirror head to hold the patient’s cheek, lip, or tongue so that the clinician can view tooth surfaces that are otherwise hidden from view by these soft tissue structures. The clinician’s index finger or thumb is also used for retraction, especially to retract the patient’s lips.

In this example of retraction, a dental mirror is used to retract the tongue away from the lingual surfaces of the mandibular premolars.

Retraction. In this second example of retraction, the index finger is used to retract the lip away from the facial aspect of anterior teeth. The patient will be more comfortable if you use your finger or thumb, rather than the mirror, for retraction of the lip.
Retraction. In this third example of retraction, a dental mirror is used to retract the buccal mucosa away from the facial surfaces of the maxillary left posterior teeth. In this instance, the mirror is used both for retraction and to view the tooth surfaces indirectly.

Indirect illumination. Indirect illumination is the use of the mirror surface to reflect light onto a tooth surface in a dark area of the mouth.

In this example of indirect illumination, a mirror is being used to direct additional light onto the lingual surfaces of the maxillary left molars.

Transillumination. Transillumination is the technique of directing light off of the mirror surface and through the anterior teeth. [Trans = through + Illumination = lighting up]. As light is reflected off the mirror surface, the light beams pass through the teeth.

Technique practice for transillumination is found on page 75. You should complete Section 3 of this module before attempting transillumination.
SECTION 2

Wrist Position for Instrumentation

NEUTRAL WRIST POSITION

Neutral wrist position is the ideal positioning of the wrist while performing work activities and is associated with decreased risk of musculoskeletal injury (Box 4-2).

BOX 4-2

Neutral Hand Position

- Wrist aligned with the long axis of the lower arm
- Little finger-side of the palm rotated slightly downward
- Palm open and relaxed
- Thumb, middle, and index fingers held in a rounded shape
- Light finger pressure against the instrument handle
- Ring finger advanced ahead of other fingers in the grasp

Use one of the following techniques to stop fogging of the reflecting surface:
- Warm the reflecting surface against the patient’s buccal mucosa
- Ask the patient to breathe through the nose
- Wipe the reflecting surface with a commercial defogging solution
- Wipe the reflecting surface with a gauze square moistened with mouthwash

Avoid hitting the mirror head against the patient’s teeth or resting the outer rim of the mirror head against the patient’s gingival tissues.
GUIDELINES FOR NEUTRAL WRIST POSITION

OK:
Wrist aligned with the long axis of the forearm

AVOID:
Bending the wrist and hand down toward the palm (flexion)

OK:
Wrist in alignment with the forearm

AVOID:
Bending the wrist and hand up and back (extension)

OK:
Wrist aligned with long axis of forearm

AVOID:
Bending the wrist toward the thumb (radial deviation)

OK:
Wrist in alignment with the long axis of the forearm

AVOID:
Bending the wrist toward the little finger (ulnar deviation)
SECTION 3
The Fulcrum

Fulcrum—a finger rest used to stabilize the clinician’s hand during periodontal instrumentation.

1. Functions of the Fulcrum
   a. Serves as a “support beam” for the hand during instrumentation.
   b. Enables the hand and instrument to move as a unit as strokes are made against the tooth.
   c. Allows precise control of stroke pressure and length during periodontal instrumentation.

2. Types of Fulcrums
   a. Intraoral fulcrum—stabilization of the clinician’s dominant hand by placing the pad of the ring finger on a tooth near to the tooth being instrumented (Box 4-3, Box 4-4, Table 4-2).
   b. Extraoral fulcrum—stabilization of the clinician’s hand outside the patient’s mouth, usually on the chin or cheek. An extraoral fulcrum may be used with a mirror (Box 4-5).
   c. Advanced fulcrum—variations of an intraoral or extraoral finger rest used to gain access to root surfaces within periodontal pockets. Advanced fulcrums are discussed in Module 23.

INTRAORAL FULCRUM

BOX 4-3
Intraoral Finger Rest

The basic intraoral fulcrum has the following characteristics:

1. It is positioned on the same arch as the tooth being instrumented (worked on).
2. It rests on the (1) incisal or occlusal surface or (2) the occlusofacial or occlusolingual line angle of a stable tooth near the tooth being instrumented.

BOX 4-4
Characteristics of Intraoral Fulcrum

- Provides stable support for the hand
- Enables the hand and instrument to move as a unit
- Facilitates precise stroke pressure against the tooth surface
- Decreases the likelihood of injury to the patient or clinician if the patient moves unexpectedly during instrumentation
### TABLE 4-2. Summary Sheet: Technique for Intraoral Fulcrum

**Technique**

<table>
<thead>
<tr>
<th>Grasp</th>
<th>Hold the instrument in a modified pen grasp.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fulcrum</td>
<td>Keep ring finger straight, with the tip of the finger supporting the weight of the hand.</td>
</tr>
<tr>
<td>Location</td>
<td>Position the finger rest near the tooth being instrumented. Depending on the tooth being instrumented and the size of your hand, the finger rest may be 1 to 4 teeth away from the tooth on which you are working.</td>
</tr>
<tr>
<td>Rest</td>
<td>Place the finger rest on the same arch as the tooth being instrumented. Rest the fingertip of the fulcrum finger on an incisal (or occlusal) surface or on the occlusofacial or occlusolingual line angle of a tooth. The teeth are saliva-covered, so you will be more likely to slip if you establish a finger rest on the facial or lingual surface. Avoid resting on a mobile tooth or one with a large carious lesion.</td>
</tr>
</tbody>
</table>

### EXTRAORAL FULCRUM

**BOX 4-5**

**Extraoral Fulcrum**

An *extraoral fulcrum* is a stabilizing point on the patient's chin or cheek.

In this example, the clinician is using an extraoral fulcrum on the patient's cheek to stabilize the dental mirror in the mouth.
FLOW CHART: SEQUENCE FOR ESTABLISHING A FINGER REST

For successful periodontal instrumentation, it is important to proceed in a step-by-step manner. Remember: If your large motor skills are incorrect (positioning of clinician, patient, and equipment), it is impossible for your small motor skills to be correct (mirror and fulcrum).

A useful saying to help you remember the step-by-step approach is “Me, My Patient, My Light, My Nondominant Hand, My Dominant Hand.”

1. ME.
   Assume the clock position for the treatment area.

2. MY PATIENT.
   Establish patient chair and head position.

3. MY EQUIPMENT.
   Adjust the unit light. Pause and self-check the clinician, patient, and equipment position.

4. MY NONDOMINANT HAND.
   Grasp the mirror and establish a finger rest with my nondominant hand.

5. MY DOMINANT HAND.
   Grasp the instrument. Pause to evaluate my finger placement in the grasp.

6. MY FINGER REST.
   Establish a finger rest near the first tooth to be treated.

7. Pause to evaluate my finger rest:
   Is the tip of ring finger on a secure tooth surface?
   Is ring finger straight, acting as support beam?
   Is my finger placement in the grasp still correct?
SECTION 4

 Technique Practice for Transillumination

When transilluminating a tooth, the mirror is used to reflect light through anterior teeth. Transillumination is effective only with anterior teeth because they are thin enough to allow light to pass through. A carious lesion, hidden beneath the intact outer enamel surface, appears as a shadow when an anterior tooth is transilluminated.

PROCEDURE FOR TRANSILLUMINATION

1. Position yourself in the 12 o’clock position.
2. Using a modified pen grasp, hold the mirror in your nondominant (mirror) hand. Gently rest your ring finger on the side of the patient’s lip or cheek.
3. Hold the mirror behind the central incisors so that the reflecting surface is parallel to the lingual surfaces. Position the unit light so that the light beams shine at a 90-degree angle to the mirror’s reflecting surface.
4. If you have correctly positioned the light and the mirror, the central incisors will appear to “glow.” Remember, in this case, you are looking directly at the teeth (the mirror is not used for indirect vision, only to reflect light back through the teeth).

In this example, no decay is visible when the lingual surfaces of the maxillary anterior teeth are viewed with indirect vision in the mirror.
(Courtesy of Dr. Robert P. Langlais)

On the same patient shown above, transillumination makes the teeth “glow” revealing interproximal decay. The decay appears as shadows on these transilluminated teeth.

When practicing on a classmate, you probably will not see any shadows on the teeth because he or she most likely does not have untreated interproximal decay.

(Photograph courtesy of Dr. Robert P. Langlais)

RIGHT- AND LEFT-HANDED SECTIONS. The Right-Handed section begins on the next page. Left-Handed clinicians should turn to page 89.
SECTION 5
Skills for the RIGHT-Handed Clinician

DIRECTIONS FOR TECHNIQUE PRACTICE

1. The photographs depict the use of a mirror and finger rests in the anterior treatment areas. Some photographs were taken using a patient. Others were taken using a manikin and without gloves so that you can easily see the finger placement in the grasp.

2. The photographs provide a general guideline for finger rests; however, the location of your own finger rest depends on the size and length of your fingers. You may need to fulcrum closer to or farther from the tooth being treated than is shown in the photograph.

3. Focus your attention on mastering mirror use, wrist position, and the finger rests. Use the following instruments in this module: For your nondominant (mirror) hand—Use a dental mirror. For your dominant (instrument) hand—(a) Remove the mirror head from one of your dental mirrors and use the mirror handle as if it were a periodontal instrument or (b) use a periodontal probe to represent the periodontal instrument in this module.

Icon Symbols
Icons appear in the book to assist you with identifying the clock position and treatment area.

HANDLE POSITION FOR MANDIBULAR ANTERIOR TREATMENT AREAS

BOX 4-6
Handle Position for Mandibular Anterior Teeth

1. Hold the hand in a palm down position.

2. Rest the handle against the index finger somewhere between the second and third knuckle (K2–K3).
TECHNIQUE PRACTICE: MANDIBULAR ANTERIOR TEETH
Mandibular Anteriors, Facial Aspect: Surfaces Toward My Nondominant Hand

POSITION OVERVIEW

RETRACTION

Retract the lip with the index finger or thumb of your left hand.

TASK 1—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.
**TASK 2—DISTAL SURFACE OF RIGHT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

**Mandibular Anteriors, Lingual Aspect: Surfaces Toward My Nondominant Hand**

**POSITION OVERVIEW**

Use the mirror head to push the tongue away gently so the lingual surfaces of the anterior teeth can be seen in the reflecting surface of the mirror.
**TASK 1—MESIAL SURFACE OF THE LEFT CANINE**

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.

**TASK 2—DISTAL SURFACE OF THE RIGHT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

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*Mandibular Anteriors, Facial Aspect: Surfaces Away From My Nondominant Hand*

**POSITION OVERVIEW**
RETRACTION

Retract the lip with your index finger or thumb.

**TASK 1—MESIAL SURFACE OF THE RIGHT CANINE**

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface away from your nondominant hand.

**TASK 2—DISTAL SURFACE OF THE LEFT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.
Mandibular Anteriors, Lingual Aspect: Surfaces Away From My Nondominant Hand

**POSITION OVERVIEW**

Use the mirror head to push the tongue back gently so that the lingual surfaces of the teeth can be seen.

**TASK 1—MESIAL SURFACE OF THE RIGHT CANINE**

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface away from your nondominant hand.
TASK 2—DISTAL SURFACE OF THE LEFT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.

HANDLE POSITION FOR MAXILLARY ANTERIOR TREATMENT AREAS

BOX 4-7

Handle Position for Maxillary Anterior Teeth

1. Hold the hand in a palm-up position.
2. Rest the handle against the index finger somewhere between the second knuckle and the "V" of the hand (K2-V).
TECHNIQUE PRACTICE: MAXILLARY ANTERIOR TEETH
Maxillary Anteriors, Facial Aspect: Surfaces Toward My Nondominant Hand

POSITION OVERVIEW

RETRACTION

Retract the lip with the index finger or thumb of your left hand.

TASK I—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.
**TASK 2—DISTAL SURFACE OF RIGHT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

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**Maxillary Anteriors, Lingual Aspect: Surfaces Toward My Nondominant Hand**

**POSITION OVERVIEW**

Position the mirror head so the lingual surfaces of the anterior teeth can be seen in the reflecting surface of the mirror.
**TASK 1—MESIAL SURFACE OF THE LEFT CANINE**

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.

**TASK 2—DISTAL SURFACE OF THE RIGHT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

**Maxillary Anteriors, Facial Aspect: Surfaces Away From My Nondominant Hand**
RETRACTION

Retract the lip with your index finger or thumb.

TASK 1—MESIAL SURFACE OF THE RIGHT CANINE

Finger rest on an occlusal surface. Place the instrument tip on the surface away from your nondominant hand.

Technique hint: Your dominant hand is positioned correctly if you can see the underside of your middle and ring fingers.

TASK 2—DISTAL SURFACE OF THE LEFT CANINE

Finger rest on an incisal edge. Place the instrument tip on the surface away from your nondominant hand.
Maxillary Anterior Sextant, Lingual Aspect: Surfaces Away

**Position Overview**

Position the mirror head so that the lingual surfaces of the teeth can be seen.

**Task 1—Mesial Surface of the Right Canine**

Finger rest on an occlusal surface.

Place the instrument tip on the surface away from your nondominant hand.

Technique hint: Your dominant hand is positioned correctly if you can see the underside of your middle and ring fingers.
TASK 2—DISTAL SURFACE OF THE LEFT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.

REFERENCE SHEET FOR ANTERIOR TREATMENT AREAS FOR THE RIGHT-HANDED CLINICIAN

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<table>
<thead>
<tr>
<th>Treatment Area</th>
<th>Clock Position</th>
<th>Patient’s Head</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandibular Teeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Facial Surfaces Toward Nondominant Hand</td>
<td>8–9:00</td>
<td></td>
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<tr>
<td>Lingual Surfaces Toward Nondominant Hand</td>
<td></td>
<td>Slightly toward Chin DOWN</td>
</tr>
<tr>
<td>Facial Surfaces Away From Nondominant Hand</td>
<td>12:00</td>
<td></td>
</tr>
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**NOTE:** This ends the section for RIGHT-Handed Clinicians. Turn to page 102 for the Skill Application section of this module.
DIRECTIONS FOR TECHNIQUE PRACTICE

1. The photographs depict the use of a mirror and finger rests in the anterior treatment areas. Some photographs were taken using a patient. Others were taken using a manikin and without gloves so that you can easily see the finger placement in the grasp.

2. The photographs provide a general guideline for finger rests; however, the location of your own finger rest depends on the size and length of your fingers. You may need to fulcrum closer to or farther from the tooth being treated than that which is shown in the photograph.

3. Focus your attention on mastering mirror use, wrist position, and the finger rests. Use the following instruments in this module: For your nondominant (mirror) hand—Use a dental mirror. For your dominant (instrument) hand—(a) Remove the mirror head from one of your dental mirrors and use the mirror handle as if it were a periodontal instrument or (b) use a periodontal probe to represent the periodontal instrument in this module.

4. Icon symbols appear throughout the book to assist you in identifying the clinician clock position and treatment area.

HANDLE POSITION FOR MANDIBLE ANTERIOR TREATMENT AREAS

BOX 4-8
Handle Position for Mandibular Anterior Teeth

1. Hold the hand in a palm-down position.

2. Rest the handle against the index finger somewhere between the second and third knuckle (K2–K3).
TECHNIQUE PRACTICE: MANDIBULAR ANTERIOR TEETH
Mandibular Anteriors, Facial Aspect: Surfaces Toward My Nondominant Hand

POSITION OVERVIEW

RETRACTION

Retract the lip with the index finger or thumb of your right hand.

TASK 1—MESIAL SURFACE OF THE RIGHT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.
**TASK 2—DISTAL SURFACE OF LEFT CANINE**

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

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**Mandibular Anteriors, Lingual Aspect: Surfaces Toward My Nondominant Hand**

**POSITION OVERVIEW**

Use the mirror head to push the tongue away gently so the lingual surfaces of the anterior teeth can be seen in the reflecting surface of the mirror.
TASK 1—MESIAL SURFACE OF THE RIGHT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.

TASK 2—DISTAL SURFACE OF THE LEFT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

Mandibular Anteriors, Facial Aspect: Surfaces Away From My Nondominant Hand

POSITION OVERVIEW
RETRACTION

Retract the lip with your index finger or thumb.

TASK 1—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface away from your nondominant hand.

TASK 2—DISTAL SURFACE OF THE RIGHT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.
Mandibular Anteriors, Lingual Aspect: Surfaces Away From My Nondominant Hand

POSITION OVERVIEW

Use the mirror head to push the tongue back gently so that the lingual surfaces of the teeth can be seen.

TASK 1—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface away from your nondominant hand.
TASK 2—DISTAL SURFACE OF THE RIGHT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.

HANDLE POSITION FOR MAXILLARY ANTERIOR TREATMENT AREAS

**BOX 4-9**

Handle Position for Maxillary Anterior Teeth

1. Hold the hand in a palm-up position.
2. Rest the handle against the index finger somewhere between the second knuckle and the “V” of the hand (K2 - V).
TECHNIQUE PRACTICE: MAXILLARY ANTERIOR TEETH
Maxillary Anteriors, Facial Aspect: Surfaces Toward My Nondominant Hand

POSITION OVERVIEW

RETRACTION

Retract the lip with the index finger or thumb of your right hand.

TASK 1—MESIAL SURFACE OF THE RIGHT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.
TASK 2—DISTAL SURFACE OF LEFT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

Maxillary Anteriors, Lingual Aspect: Surfaces Toward My Nondominant Hand

POSITION OVERVIEW

MIRROR

Position the mirror head so the lingual surfaces of the anterior teeth can be seen in the reflecting surface of the mirror.
TASK 1—MESIAL SURFACE OF THE RIGHT CANINE

Finger rest on an occlusofacial line angle.

Place the instrument tip on the surface toward your nondominant hand.

TASK 2—DISTAL SURFACE OF THE LEFT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface toward your nondominant hand.

Maxillary Anteriors, Facial Aspect: Surfaces Away From My Nondominant Hand

POSITION OVERVIEW
RETRACTION

Retract the lip with your index finger or thumb.

TASK 1—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusal surface.

Place the instrument tip on the surface away from your nondominant hand.

Technique hint: Your dominant hand is positioned correctly if you can see the underside of your middle and ring fingers.

TASK 2—DISTAL SURFACE OF THE RIGHT CANINE

Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.
Maxillary Anteriors, Lingual Aspect: Surfaces Away From My Nondominant Hand

POSITION OVERVIEW

MIRROR
Position the mirror head so that the lingual surfaces of the teeth can be seen.

TASK 1—MESIAL SURFACE OF THE LEFT CANINE

Finger rest on an occlusal surface.

Place the instrument tip on the surface away from your nondominant hand.

Technique hint: Your dominant hand is positioned correctly if you can see the underside of your middle and ring fingers.
Finger rest on an incisal edge.

Place the instrument tip on the surface away from your nondominant hand.

**REFERENCE SHEET FOR ANTERIOR TREATMENT AREAS FOR THE LEFT-HANDED CLINICIAN**

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SECTION 7
Skill Application

PRACTICAL FOCUS
Your course assignment is to visit a local dental office and photograph a clinician at work. Your photographs are shown below. (1) Evaluate each photograph for position, grasp, and finger rest. (2) For each incorrect element describe (a) how the problem could be corrected and (b) the musculoskeletal problems that could result from each positioning problem.
**Mirror and Finger Rests in Anterior Sextants**

**SKILL EVALUATION MODULE 4**

**Student:** __________________________

**Evaluator:** __________________________

**Date:** __________________________

**Area 1** = mandibular anteriors, facial aspect

**Area 2** = mandibular anteriors, lingual aspect

**Area 3** = maxillary anteriors, facial aspect

**Area 4** = maxillary anteriors, lingual aspect

**DIRECTIONS FOR STUDENT:** Use **Column S**, evaluate your skill level as: **S** (satisfactory) or **U** (unsatisfactory).

**DIRECTIONS FOR EVALUATOR:** Use **Column I**. Indicate: **S** (satisfactory) or **U** (unsatisfactory). Each **S** equals 1 point, each **U** equals 0 points.

<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>Area 1</th>
<th>Area 2</th>
<th>Area 3</th>
<th>Area 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Position:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positioned correctly on clinician stool</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Positioned correctly in relation to patient, equipment, and treatment area</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Establishes correct patient head position</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td><strong>Dental Mirror:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uses correct grasp with mirror</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Establishes secure rest with mirror</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Ensures patient comfort by not hitting teeth or resting the mirror rim against gingiva</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Uses mirror for retraction/indirect vision or finger for retraction of lip</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td><strong>Modified Pen Grasp with Dominant Hand:</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Holds handle with pads of index finger and thumb</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Thumb and index finger positioned opposite one another on handle; fingers not touching or overlapped</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Pad of middle finger rests lightly on shank; touches the ring finger</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Thumb, index, and middle fingers held in a rounded shape (not flattened against the instrument handle)</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Instrument handle rests against index finger or &quot;V&quot; of the hand</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Grasp is relaxed (no blanching of fingers)</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td><strong>Basic Intraoral Fulcrum:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ring finger is straight and supports weight of hand</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
<tr>
<td>Fulcrums on same arch, near tooth being instrumented</td>
<td>S</td>
<td>I</td>
<td>S</td>
<td>I</td>
</tr>
</tbody>
</table>

**OPTIONAL GRADE PERCENTAGE CALCULATION**

Total **S’s** in each **I** column.

Sum of **S’s** _________ divided by Total Points Possible (60) equals the Percentage Grade _________%
SKILL EVALUATION MODULE 4  Mirror and Finger Rests in Anterior Sextants

Student: ____________________________

EVALUATOR COMMENTS

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Box for sketches pertaining to written comments.