

## How to Main Proper Posture in the Dental Office

- (1) *Always try to maintain an erect posture.* By positioning your chair close to the patient, you can minimize forward bending/excessive leaning over the patient. Keep your feet flat on the floor to promote a neutral or anterior tilt to your pelvis, which keeps your back aligned and promotes the natural curvatures of your back. Remember that your head weighs as much as a bowling ball, and when you lean forward and flex your neck, you force your muscles to hold up the weight of your head, rather than the bones and discs in your spine.
  
- (2) *Use an adjustable chair with lumbar, thoracic, and arm support.* Having a good chair is essential in maintaining good posture, because what you sit on provides the base of support from which you work all day long. When you think about it, you work 8 or more hours per day, 5 days per week, 4 weeks per month, and about 11 months out of the year, which makes a high-quality chair with adjustable features well worth the cost of saving your back, neck, arms, and hands. You should look for important features like adjustable height, width, tilt, backrest, seat pan, and armrests, because in most dental offices many people of different sizes use the same workstation.
  
- (3) *Work close to your body.* Position your chair close to your patient, and position your instrument tray close to you. This way, you don't have to overextend yourself to reach your patient or your instruments, putting excessive stress on your back, shoulders, and arms. Think of the 90° rule of having your elbows, hips, knees, and ankles all forming 90° angles. If you find yourself reaching out far beyond these angles too often, then you're not properly positioned and you should adjust the position of your chair/instrument tray.
  
- (4) *Minimize excessive wrist movements.* Be conscious of how you position and move your wrists, and try to keep them in a neutral position (palms facing each other, shoulder width apart with wrists straight), which puts your muscles and tendons in a much better relationship to perform the work. You will have to move your wrists into various positions as you work on your patients, but try to be aware of these movements so you can minimize potentially damaging hand positions.

(5) *Avoid excessive finger movements.* When you combine the excessive forces needed to hold your instruments with the amount of repetitions that you perform each day, you can see the tremendous toll that this takes on the small muscles of your fingers. Retrain yourself to use your shoulders and arms to position your hands, rather than making the small, forceful movements with your fingers.

(6) *Alternate work positions between sitting, standing, and side of patient.* Switching positions allows certain muscles to relax while shifting the stress onto other muscles and increasing your circulation. When you work on alternate sides of the patient or rotate the position of your instrument table, you allow each side of your body to share the stress, rather than performing the same motion in the same way, which causes cumulative trauma in the overused side.

(7) *Adjust the height of your chair and the patient's chair to a comfortable level.* If your chair is too low and the patient's chair is too high, this causes you to elevate your shoulders and can lead to neck problems and pinched nerves. Alternately, if your chair is too high and the patient's chair is too low, you'll have to flex your neck down and bend your wrists back to compensate, which can lead to neck and hand problems. Remember the 90° rule and keep your elbows at a 90° angle with your wrists straight and shoulders relaxed.

(8) *Consider horizontal patient positioning.* If your workstation allows the patient to be reclined into a horizontal position, this allows you to sit above the patient's head with good ergonomic posture, and you can use each arm equally in more natural positions. If the workstation does not accommodate this position, consider buying a quality reclining chair for the patient when you replace the old one.

(9) *Check the placement of the adjustable light.* Position the adjustable light so you don't have to strain your neck to be able to see in the patient's mouth. It is important to adjust this light with each new patient because of the different height of each person. The light should be adjusted again when a new dentist uses the workstation because his/her sitting eye height is different, and this will affect his/her ability to see into the patient's mouth.

(10) *Check the temperature in the room.* Make sure the temperature in your workspace is not too cold because this will decrease the circulation and blood flow to your extremities. Most often, the dental work environment is damp and cold, so be certain to wear gloves and warm up your hands before working on a patient.