

# **NORTH SHORE DENTAL HYGIENE ASSOCIATION**

## 2018 BOARD MEMBERS

MARY ELLEN WIDBERG 978-531-9332 SANDY NICHOLAS 781-820-2398

JAMIE CIAMPA 978-618-8053 VALERIE GOULAS 978-532-8970

NAOMI KALLELIS 978-531-1909

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## **ERGONOMIC ESSENTIALS FOR A HEALTHY DENTAL HYGIENE PRACTICE**

**Frances Kistner, PT, PhD, CEAS**

Dental hygienists and dentists, both novice and experienced, report a high rate of work related musculoskeletal disorders (WMSD) in the neck, shoulders, wrists/hands and low back. This course will identify and discuss the risk factors that contribute to the development of these MSDs and the use and importance of ergonomics in dental hygiene practice. Participants will learn about the impact of incorrect and correct postures, positions, and various equipment selections on physical health. Participants will also be introduced to various stretches and exercises for optimal clinician health that can be performed both in and away from the operatory.

### Learning Objectives:

1. Identify and recognize risk factors that contribute to work-related musculoskeletal disorders (WMSD's) in dental hygiene practice.
2. Define and understand ergonomics and its role in dental hygiene practice.
3. Recognize and identify correct and incorrect postures and positions in the operatory.
4. Understand optimal dental equipment (including seating, magnification and illumination) design & selection and its impact on posture & health.
5. Learn and implement effective clinic-based exercise strategies to reduce pain and discomfort.

**Frances Kistner, PT, PhD, CEAS** is the Program Director of the Doctor of Physical Therapy Program at MCPHS University.

**CROWN SEATING HAS DONATED A SADDLE STOOL WHICH IS VALUED AT \$1070 TO BE AUCTIONED OFF THE DAY OF OUR COURSE SO BRING YOUR CHECKBOOKS!**

SUNDAY, May 6, 2018 8:30AM-12:30PM 4 CREDITS

CHELSEA JEWISH FOUNDATION  
240 LYNNFIELD STREET PEABODY, MA

KAPLAN ESTATES

GRAY BUILDING FIRST BUILDING ON THE RIGHT  
COMMUNITY ROOM

REGISTER FOR CLASS BY APRIL 25TH

IT IS A KOSHER FACILITY

THERE IS NO OUTSIDE FOOD OR DRINKS ALLOWED

FOOD AND DRINKS WILL BE PROVIDED AS ALWAYS

SEND FORM BELOW WITH CHECK PAYABLE TO **MDHA** AND MAIL TO:  
JAMIE CIAMPA 34 JERSEY STREET MARBLEHEAD, MA 01945 OR E-MAIL JAMIE AT  
[jamieciampa@comcast.net](mailto:jamieciampa@comcast.net)

**SAVE THE DATE FOR OUR FALL CLASS, OCTOBER 14<sup>TH</sup>!**

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**ERGONOMIC ESSENTIALS FOR A HEALTHY DENTAL HYGIENE PRACTICE**

MAY 6, 2018 8:30-12:30 CHELSEA JEWISH FOUNDATION 4 CREDITS

NAME, ADDRESS, PHONE & E-MAIL

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ADHA MEMBERS \$50.00 NON-MEMBERS \$75.00