

# PREVENTION AND MANAGEMENT OF REPETITIVE STRESS INJURIES IN DENTAL HEALTHCARE PROFESSIONALS



The Self-Care Series for Dental Professionals is a continuing education focused on prevention and treatment of pain and dysfunction associated with the daily work of dental professionals.

## Upon completion of this course, you will be able to:

- Define repetitive stress.
- Recognize signs and symptoms of repetitive stress syndrome.
- Be aware of the increased likelihood of repetitive stress disorders for dental professionals.
- Identify the anatomic make-up of the carpal tunnel.
- Identify the most common repetitive stress syndrome.
- Be aware of treatment options for repetitive stress syndrome.
- Understand the concept of muscular imbalance.
- Understand why movements required in job performance put the dental professional at risk.
- Identify the neck and shoulder injuries common to dental professionals.
- Be aware of treatment options for neck and shoulder injuries.
- Define posture and postural dysfunction.
- Define ergonomics.
- Understand requirements for proper posture.
- Be aware of proper and improper chair-side posture and biomechanics.
- Be proficient in prevention strategies.
- Know when to seek medical intervention.

**Contact Hours : 5 (Five)**

**Fee: \$40 / Participant** (Group discount available for > 5 participant)

**Authors: Chele Heid, PT, CLT, CMT, RYT**

**AGD PACE Subject Code:** 550 - Practice Management and Human Relations

**Teaching Method:** Online Independent Self-Study Course (Training + Post-Test). Requires Computer & Internet.

**Course Completion Certificate :** A Printable (Pdf) Certificate By Email.

**Target Audience:** Dentists, Dental Hygienists, and Dental Assistants.

**Provider/Author Disclosure:** Biologix Solutions LLC does not have a commercial interest in any products or services discussed or shared in this educational activity nor with the commercial supporter. No manufacturer or third party has had any input into the development of course content.



**AGD PACE Approval:** Biologix Solutions LLC is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing dental education programs of this program provider are accepted by AGD for Fellowship, Mastership, and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from **5/1/2013 to 4/30/2021**. **Provider ID: 352738.**

**Cancellation / Refund Policy:** By completing your purchase from Biologix Solutions LLC through PayPal, you agree that you are purchasing digital, non-tangible product / service / training courses, and as such are not entitled to a refund once accessed. If you have any questions, please feel to contact us by phone or email before purchasing online course.