

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 Per Student

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

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



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