

Dental Assistant/Hygiene Presentation

- Start off asking them to move their chairs to the side and look at me in there awkward position, and then start talking.
- Dental Assistant – great profession which is trying to become regulated
- Health care professional, you yourself need to be healthy
- Physically demanding profession that can debilitate you.....
- You will be working in fairly high paced atmosphere, high stress, that does effect you physically as well
- I see several dental assistants and many of dental practitioners in my practice regularly for pain and discomfort due to your practice.....
- How are you necks feeling? How are your shoulders feeling, that was 10min-15min? You will be in that position for an hour or two a day, 4-5 days a week, 45 weeks a year ish?
- This is what I treat to prevent and what are very common to your profession.....

Need a volunteer to get in to a typical position of cleaning teeth:

- Suction apparatus
- What about getting things off your tray
- Pretend you have to look deep in your clients mouth
- How many clients are you going to do this a day
- What is your working environment like? Stressful
- What about your home life? Don't think you don't bring that to work with you

Explain how your actions as a hygienist affect you physiologically
(Briefly explain symptoms and treatments)

Thoracic outlet Syndrome.....

- Upper Cross Syndrome.....
- Golfer's or Tennis Elbow.....
- Carpal Tunnel.....
- Osteoarthritis.....

- Smaller yet still debilitating – Tension headaches, tendonitis sprains, and strains
- Maybe more prone to these due to genetic predisposition.....
- There is No pill to get rid of them other than physical therapy and exercise there is surgery.....
- So why not take the necessary time and just stay on top of it with therapy once a month and proper exercise
- Stretches
 - Lateral neck flexors (scalene)
 - Upper Traps
 - Anterior Neck Muscles (SCM)
 - Chest (pectoralis major and minor)
 - Bicep
 - Tricep
 - Wrist Extensors and Flexors
- Other important stretches and explain why
 - Hamstrings
 - Hip flexor
 - Gluteus maximus
- Other exercise to train to keep strong
 - Core (main)
 - Back
 - Shoulders
- You can change handles of instruments, chairs, the angles, but in the end you are still going in someones mouth and making intricate little vigorous movements that are devastating to our bodies.....and you only have one body so take care of it.

Any questions? Time left can talk about Massage therapy to fix problems