

This practical and clinical half day workshop, conducted in a dental setting, builds on the knowledge and skills you have learned in previous Optimum Dental Posture training, taking you to the next level of inner ergonomic expertise.



OVERVIEW

▶ **Brief revision of the essential Inner Ergonomic principles in posture and movement patterns**

▶ **Applied Inner Ergonomics in the Clinic**

Demonstration and practice of optimal posture and movement in simulated dental activity:

- Gaining access to challenging quadrants
- Various treatment procedures

▶ **Habit change**

- Support and coaching on postural awareness and changing harmful habitual work postures
- Opportunity to train with your dental assistant to enable you to observe and support each other in habit change in your practice

▶ **Restoration through movement**

- Demonstration and practice of exercise you can do at work and home to overcome and prevent back pain and stiffness, and arm/hand/wrist problems

▶ **Restoration with Active Rest**

PROGRAM DATES

Melbourne

Saturday 28 April 2018

Saturday 23 June 2018

Brisbane

Saturday 12 May 2018

Saturday 15 September 2018

Limited to 20 dental practitioners who attended any of these programs:

- Level 1 - Foundations Workshop - Overcoming & Preventing Occupational Chronic Pain in the Dental Surgery
- Fundamental Inner Ergonomics
- Optimum Dental Posture Program at the ADAVB
- Advanced Optimum Dental Posture Workshop
- Overcoming Neck and Back Pain in the Dental Surgery - Part 1./2. at the ADA NSW CPD

Venues kindly provided by



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