

***Hawaii Dental Association  
Honolulu 2025  
Posture, Pain & Productivity  
in Modern Dentistry  
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**OBJECTIVES:**

Overview the science of ergonomics and its potential impact on the practice of dentistry

Review the anatomy and physiology of the musculoskeletal system for the upper quarter, lower quarter, and spine.

Discuss the impact of posture, strength, flexibility & fatigue on dental practice, the patient and the dental practitioner

Identify musculoskeletal pain, physical signs and symptoms related to dental practice

Identify impediments to productivity, the negative impact of pain on quality patient care and the bottom line

Identify proper working postures, activities and techniques in order to create preventative strategies in order to counteract the ill-effects of work-related musculoskeletal disorders

Identify alternative approaches for efficient, effective, pain-free delivery of care; create a healthier lifestyle in order to assist dental professionals in practicing productively, without pain

## ***Disclosure***

***Goals & Objectives*** – yours & mine!

***What's your passion?***

***Ergonomics*** – in brief!

***Anatomy & Physiology of:***

The upper quarter, lower quarter & spine

***How does it relate to me?***

***Posture, strength, & flexibility***

*Posture* - What is it? Where is it?

*Postural faults*

***A little experiment***

***Stress & Fatigue***

*Stress* - who's got some; who wants some; take mine please!

*Fatigue's Contributing Factors:*

*Stress & Fatigue...go hand in hand* - Muscular, Visual, Mental

***Pain & Productivity***

*Pain* - Is it in your neck, or has it spread?

*Productivity* - Can you possibly maintain your current level of function?

*Musculoskeletal Signs & Symptoms*

*Some Statistics*

***Neglect***

Is benign neglect really benign?!

Tell me where it hurts!

***Can you work smarter or just harder?***

## **Quality, Productivity & Practice Analysis**

**Quality** – is this a concern of yours?

How about your patients?

**Productivity** - *What is your time worth?*

**Practice analysis:** *Some things to consider.* How do you measure it all? What you may find...

## **The bottom line**

*How is yours affected?* Debits & Credits - Do they balance?

## **Efficiency, Effectiveness, Optimal Performance & Applied Ergonomics**

**Optimal Performance** – Is it possible for you & your staff, specifically?

*The Goal:*

Better clinical results

Fewer complications

Patient satisfaction

Career satisfaction

How to get there...*is this possible for you & our staff?*

## **Longevity**

Are you in it for the long haul? Will you make it?

*Do you want to?*

## **Satisfaction** – Personal & professional!

*Roadblocks – aggravation, apathy, attitude, all of the above!*

## **Posture, Strength, Flexibility & Fitness**

*How's yours? How do you evaluate it? How do you feel?*

*Some simple ways to check...*

***Your most important instrument... Your Body!***

## **Rest & Recovery**

*Relaxation - do you know how? Are you balanced?!*  
No, really!

## **What is Normal?**

### **Best Practice & the Bottom Line**

*What's yours?!*  
*Controlling What We Can: PRACTICE, PRACTICE,*  
*PRACTICE!*

### **The Ergonomic Checklist**

### **Increasing Awareness of What We Cannot Control!**

*Success = Self-Awareness*

### **Posture-break Balance Exercises!**

### **The Time Pie - how is yours sliced?**

### **Implementing what we discussed!**

***Are you up to the task? Can you afford not to be?!***

## **QUESTIONS?**

If you think of a few more questions on the way home...  
*please give me a call 630-628-8176*  
*Let's get you balanced!*  
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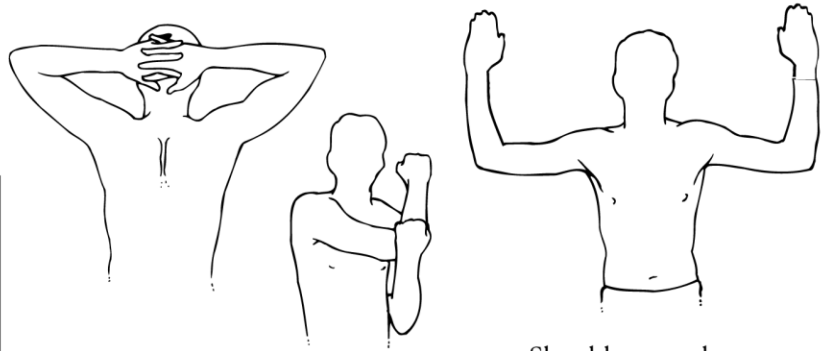
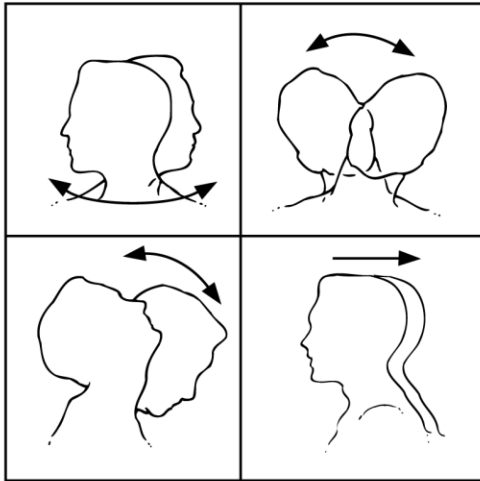
***Thanks a lot!***

*Timothy J. Caruso PT*  
*MBA, MS, Cert. MDT, CEAS*

# Posture Break Exercises

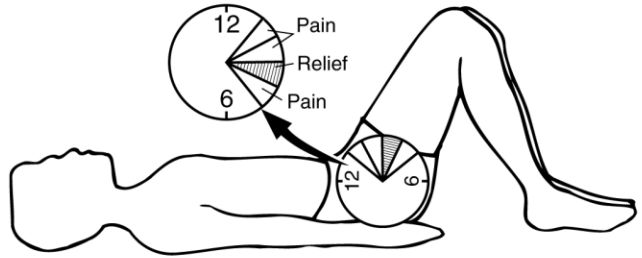
Timothy J. Caruso, MBA, MS, PT • 630-628-8176 • e-mail carusopt@ameritech.net

Neck range of motion/neck glide

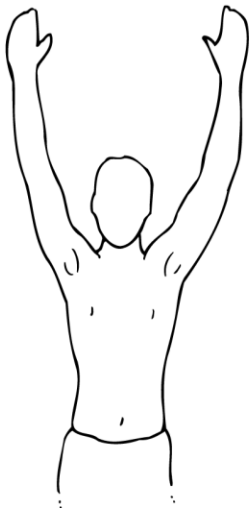


Shoulder stretches

"Pelvic clock"

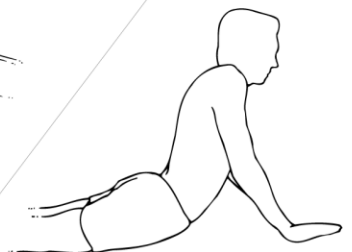


Touchdowns



Elbow rotation

Bend backs



Wrist stretch 1



Wrist stretch 2



Finger Stretch



Finger wiggle

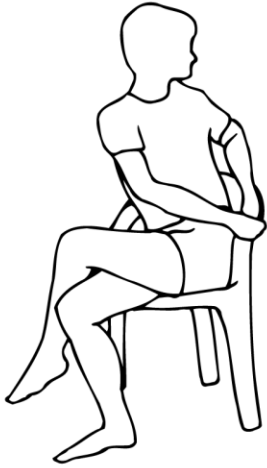


The rubberband

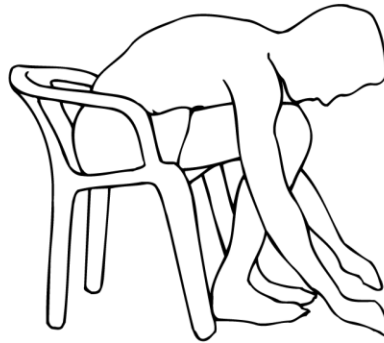


Finger spread

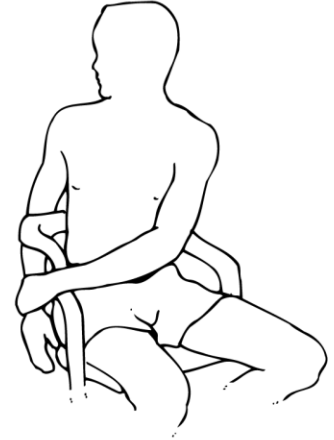
Hip stretch



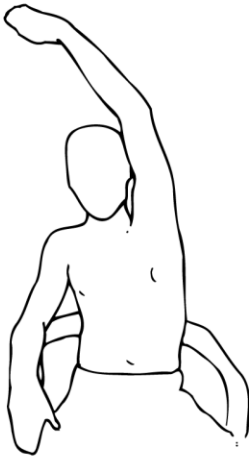
Back stretch



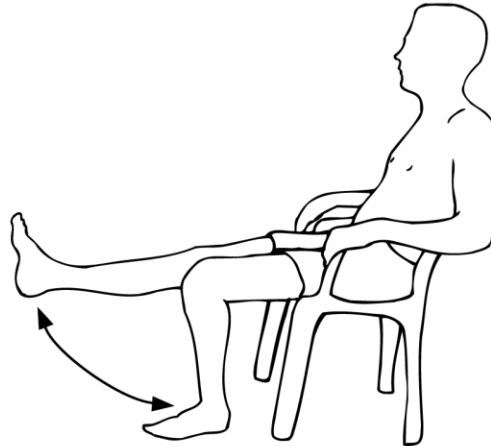
Trunk twists



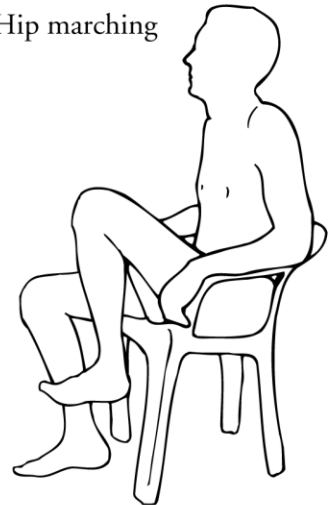
Side benders



Knee benders



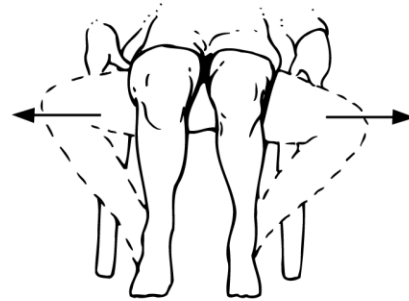
Hip marching



Ankle pumps/circles



Knee spreaders



**Note:** These activities should not cause any undue pain or discomfort and are not meant as a substitute for a complete musculoskeletal assessment. If you have any questions about the appropriateness for you, please consult your physician.