



Associated Dental Specialists

PRACTICE DENTISTRY PAIN-FREE:

Evidence-Based Strategies for a Long & Healthy Career

Sponsored by: Associated Dental Specialists

THURSDAY, NOVEMBER 19, 2015

5:30 pm – 8:30 pm 3 CE credits

Pittsburgh International Airport Embassy Suites

550 Cherrington Parkway, Coraopolis, PA 15108



Approved PACE Program Provider FAGD/MAGD
Credit Approval does not imply acceptance by a state
or provincial board of dentistry or AGD endorsement.
Provider ID 209557 4/1/2015 to 3/31/2018

Presenter

Bethany Valachi, PT, MS, CEAS



Bethany Valachi, PT, MS, CEAS is author of the book, “Practice Dentistry Pain-Free: Evidence-based Strategies to Prevent Pain and Extend your Career” and clinical instructor of ergonomics at OHSU School of Dentistry in Portland, OR. A physical therapist who has worked exclusively with dental professionals for over 15 years, she is recognized internationally as an expert in dental ergonomics, and has been invited to lecture at over 300 conferences worldwide, including the Asia Pacific World Dental Conference in Dubai.

She has published more than 50 articles in peer-reviewed dental journals and has developed patient positioning and exercise DVDs specifically for dental professionals. She offers free newsletters, articles, videos and product reviews on her website at www.posturedontics.com. Bethany can be reached at info@posturedontics.com.

Learning Objectives

- Understand the etiology of work-related pain in dentistry to enable wiser choices regarding activities in the operatory and at home.
- Identify and implement appropriate ergonomic interventions for chronic back, neck and shoulder pain.
- Learn the unique muscle imbalances to which dental professionals are predisposed and how this impacts musculoskeletal health.
- Identify the 3 essential ergonomic criteria for selecting loupes that will improve health—not make it worse!
 - Properly select and adjust delivery systems, stools and chairs depending on operator size and job-type.
 - Make ergonomic modifications in the operatory with minimal expense.
 - Discover the newest guidelines for positioning patient, headrest and light to treat various arches and quadrants.
- Learn how the angle of the seat on your dental stool directly impacts your spinal health.
 - Discover how certain operator movement patterns in the operatory can cause shoulder and spine dysfunction.
- Learn 4 strategies for properly positioning the dentist with the assistant chairside.

Session Description

This research-based seminar for dentists, specialists, hygienists & assistants bridges the gap between dental ergonomics and work-related pain so you can work more comfortably and productively. Delivered with high energy and humor, attendees will discover how equipment selection & adjustment, patient positioning, lighting, movement and operatory layout are affecting their health. Engaging demonstrations help attendees learn how to implement powerful evidence-based strategies to prevent work-related pain and improve quality of life.

Registration: 5:00 pm – 5:30 pm (Buffet Dinner provided)

Location: Pittsburgh International Airport Embassy Suites

Course Fees: Doctors: \$299 Staff: \$210

REGISTRATION FORM

Mail/fax registration to: Associated Dental Specialists
6201 Steubenville Pike, Suite 110, McKees Rocks, PA 15136
Fax: 412-722-1940 Attn. Dawn

Doctor Name: _____

Staff Name: _____

Address: _____

City State Zip

Phone: _____ Email: _____

Please charge my: MC Visa Acct#: _____

Exp. Date: _____ Signature: _____

Bethany Valachi, PT, MS, CEAS / 11-19-15 / Practice Dentistry Pain-Free: Evidence-Based Strategies for a Long & Healthy Career

Name	Price	# Attending	Subtotal
Dr.	\$299		
Staff	\$210		

Deadline: 14 days prior to Seminar / **Cancellation Policy:** \$20 past deadline

PAST SPEAKERS

R. John Brewer, NREMT-P / 02-19-15 / AHA Basic Life Support Health Care Provider CPR

R. John Brewer, NREMT-P / 02-19-15 / Anesthesia and Medical Emergencies in the Dental Office

Sandra Boody, DA, RDH, M. Voc. Ed. & Lisa Morrow, PhD / 04-24-15 / “Did I Forget to Brush My Teeth?,” Brain Injury, Cognitive Changes, Dementia and Psychiatric Disorders

Timothy G. Donley, DDS, MSD / 09-10-15 / Nutrition & Host Modulation for Better Perio Outcomes

For more information contact: Dawn at 412-722-1939 / dlewis@ads-endo.com



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