

## Advanced Dental Microscope Ergonomics Systematic approach for Posture, Positioning and Performing quality dentistry



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Clinical workers in dentistry have a high incidence of musculoskeletal disorders; one of the significant advantages of using the right magnification tool is that it improves ergonomics by improving our work posture. However, we have seen that the ergonomic potential of dental practice is not exploited due to a lack of information and basic knowledge of how to implement it correctly. By using the right magnification tool and concepts, participants will learn how to work without pain and alleviate the physical stress that plagues the dental profession. The goal is to promote a stress-free practice and the quality of clinical care provided.

After completing this webinar, participants will be able to:

- +Address the biomechanics of the human body and its impact on prolonged sitting work
- +Identify the ergonomic tools that improve posture during dental work
- +Apply the ergonomic concepts of the dental microscope and ergonomic loupes by working in each quadrant of the mouth 100 percent of the working time.
- +Apply the principles of ergonomics in dentistry with the proper use of the dental microscope ,the efficient use of the mirror and operator-patient positioning
- +Describe the assistant role in the efficient microscope dentistry practice

### Work History

2023-09 - Current Academy of microscope enhanced dentistry President

2013-06 - Current Specialist in Endodontics Odonto Advance Panama

### Education

2005-01 - 2005-06 Dentist Surgeon

2006-05 - 2008-06 Specialist in Endodontics

2018-03 - 2018-09 Advanced Occupational Ergonomics Certification: Ergonomics

2020-09 - Current Master in microscope dentistry: Microscope Dentistry

2022-04 - 2022-09 Certification in Dental Ergonomics: Ergonomics

2018-04 - 2018-04 Certified Ergonomics Assessment Specialist I-II: Ergonomics

2020-10 - 2023 Book author: Ergonomics Applied to Dental Practice: Dental Ergonomics

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