

Discover how
to avoid pain and
extend your career



EXAMVISION

Discover how to avoid pain and extend your career, by following our **3 recommendations**:

1 Use magnification

Loupes contribute to clinician comfort and significantly improve your position while working.



2 Get qualified ergonomic advice

ExamVision dealers are trained to instruct you about working more ergonomically.

Ask your local dealer for assistance.

3 Do regular stretching

Prolonged periods in static postures cause significant micro-trauma in your body that can lead to work-related pain. Scheduling **regular breaks and stretching** can put you on the path towards a **longer and healthier career**. It only takes a few minutes.

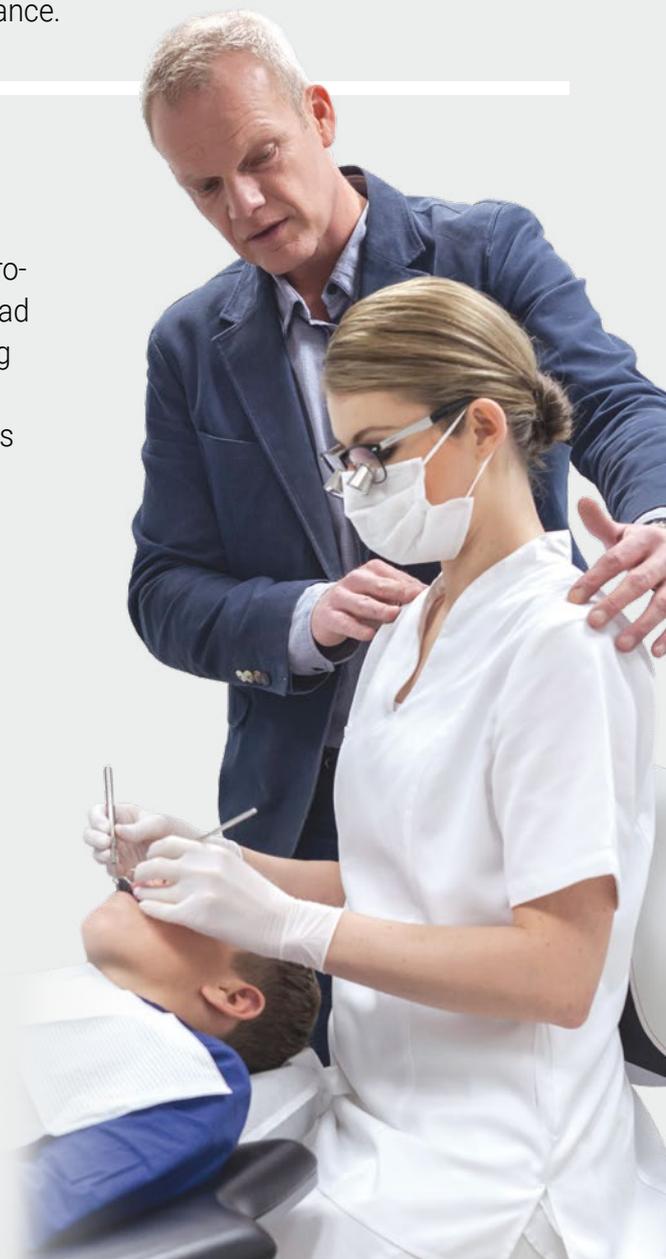
Hang the poster in a visible place and get into the habit of doing the exercises.

www.examvision.com

Disclaimer:

These exercises only provide information on injury prevention and are not intended to be a substitute for diagnosis or treatment of specific medical problems. The exercises may not be suitable to everybody. If you have a serious condition, visit a specialist.

Stretches reproduced with permission from 'Practise Dentistry Pain-Free: Evidence-based Ergonomic Strategies to Prevent Pain and Extend Your Career' Bethany Valachi, 2008.



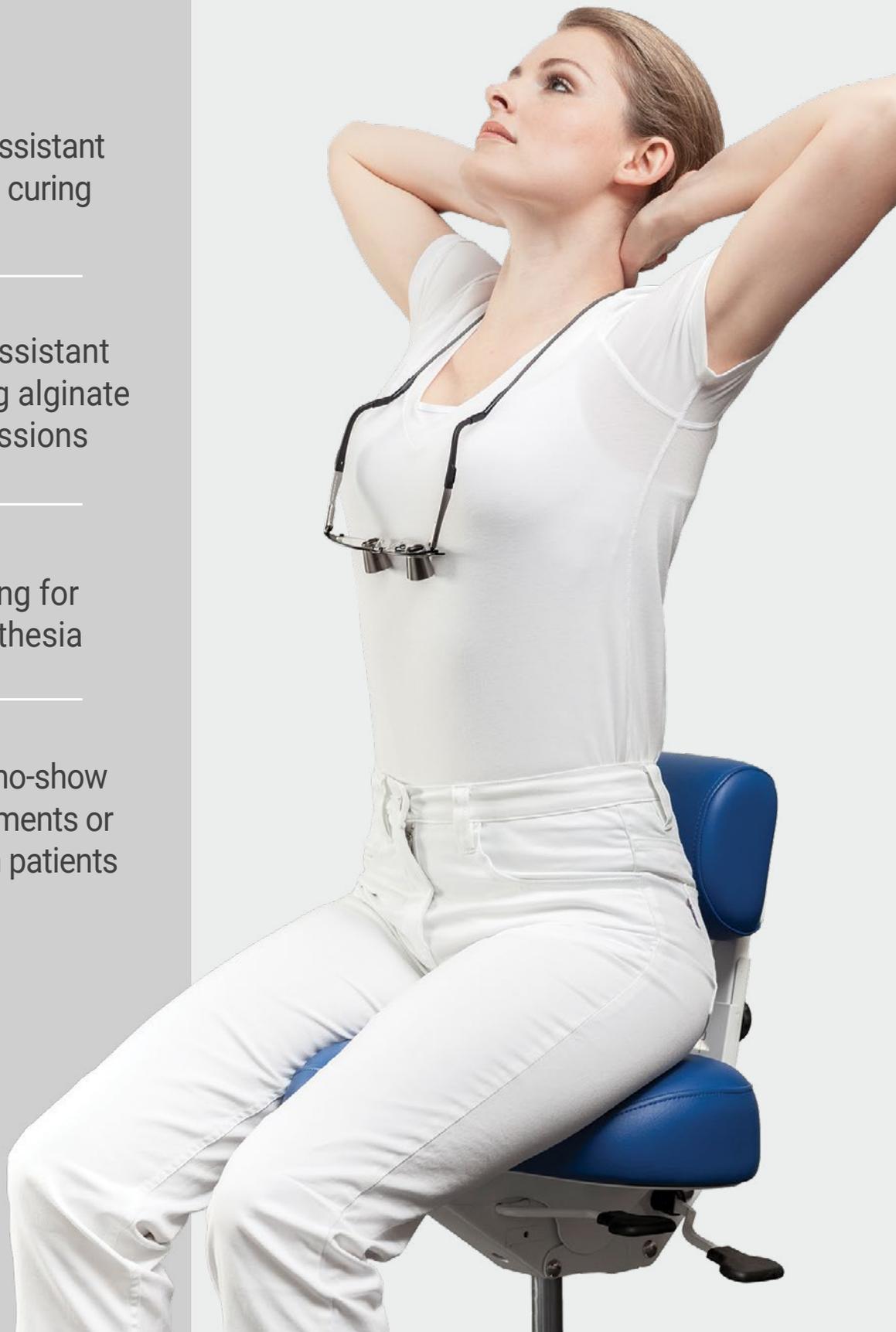
When to stretch?

While assistant
is light curing

While assistant
is making alginate
impressions

Waiting for
anesthesia

During no-show
appointments or
between patients



The Reversal

Support wrists on hips and slowly lean backward. Do not over extend the head. Hold for 2-4 breath cycles.



Overhead Stretch

Stand tall, clasp hands over head with palms toward ceiling. Bend trunk to one side. Hold for 2-4 breath cycles. Reverse and repeat.



The Un-Twister

Legs in tripod position, bend to your right side, resting right elbow on right knee. Stretch left arm overhead and look toward ceiling. Hold for 2-4 breath cycles. Reverse and repeat.



Trapezius stretch (Ear-to-ear)

Anchor right hand behind your back or chair. Slowly bring left ear toward left armpit. Hold 2-4 breath cycles. Reverse and repeat.



Thoracic Stretch

Clasp fingers together behind occiput and slowly extend the upper back. Look toward the ceiling and press the elbows outward.



It's time to take a break!

Stretches for dental professionals

EXAMVISION