



WE see things that will make your career better....

Why not take a look??

Consideration:

Are you getting enough sleep?

Do you take time to stretch daily?

Resistance Exercises- see Judy's web site for links to all sites

Major Issues:

Room Layout- analyze your workspace, can you reach everything you need?

Scheduling issues-how much time do you have to do all that you do?

Operatory stool consideration/challenges- see Judy's website for all the different companies.

Patient positioning- consider Crescent pillows to assist with patient positioning.

Access to instruments- are they within 15 inches. Consider the Zirc tray if you can't access instruments, handpieces or power scalers.

Magnification- see below

Gloves – consider Right/ Left gloves (Cranberry or Arellia and Crosstex)

Instrument selection- see below

**Visual Magnification:** Bringing the patient closer without compromising your positioning.

- Identify our changing visual needs for patient assessment
- Identify common visual conditions
- Explore different technology that aids in visualization of oral tissues
- Hands on experience with loupes and lights

## **Buying loupes**

Options

Features

Benefits

Magnification & Power

Depth of Field

Working distance

Width of field

Resolution

Fixed or flip-up?

## **Suction Options:**

BlueBoa- <http://www.theblueboa.com/>

Mr. Thirsty- Zirc

Mirror Suction by Hager

Isolite- <http://www.isolitesystems.com/>

## **Chair companies:**

Crown Seating

RGP

Evolution Chair (Ball)

Brewer

BQ Ergonomics

Hager Worldwide

ErgoSure by DentalEz

## **Instrument Considerations:**

Handle diameter

Handle weight

Balance

Rigidity- Standard (finishing), Rigid, Extra Rigid

Length of terminal shank

Instrument design

Blade size

Number of bends

Anterior vs. posterior (consider some posterior instruments in anterior region)

## **Highlights:**

Mini-bladed anterior Gracey (1/2)

Gracey 15/16 instead of 11/12

Gracey 17/18 instead of 13/14

Look at newer posterior scalers (designed for sitting down)

## **Instrument Companies:**

Hu-Friedy

Premier

PDT

American Eagle

Nordent

Hartzell

Miltex

Brassler

Go-Probe by Florida Probe

Dental Rat

**“I am going to lay you back and get BOTH of us comfortable”**

## **Selective Polishing**

Concept origin in 1980's

Encouraged good treatment decisions

Supported by ADHA Position Paper \* on polishing

New ACP benefits challenge research on value of polishing & fluoride uptake\*\*

## **Contraindication for polishing**

Tooth hypersensitivity

Newly erupted teeth

Exposed root surfaces

Respiratory condition

Severe gingival inflammation

Susceptibility to bacteremia

Highly contagious diseases

## **Consider cordless handpiece**

Freedom by Dentsply

Taskel Wizard by Brassler and NSK

See Judy's web site for prophylaxis angle options.

**Consider angled power scaler inserts over just straight-Universals.**

## Tendon Glide Exercises

Start with fingers & wrist straight. Hold each position 5-10 seconds. Repeat between patients.



Straight



Hook



Fist



Table Top



Straight Fist

## Median Nerve Glides

Hold each position 5-10 seconds. Repeat between patients.

Position 1

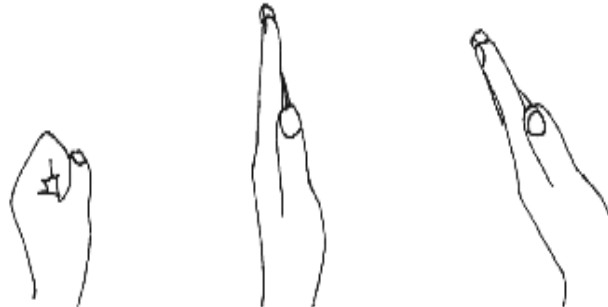
Wrist in neutral, fingers and thumb flexed

Position 2

Wrist in neutral, fingers and thumb extended

Position 3

Thumb in neutral, wrist and fingers extended



Position 4

Wrist, fingers and thumb extended

Position 5

Same as 4, forearm supinated (palm up)

Position 6

Same as 5, other hand gently stretching thumb

