

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.

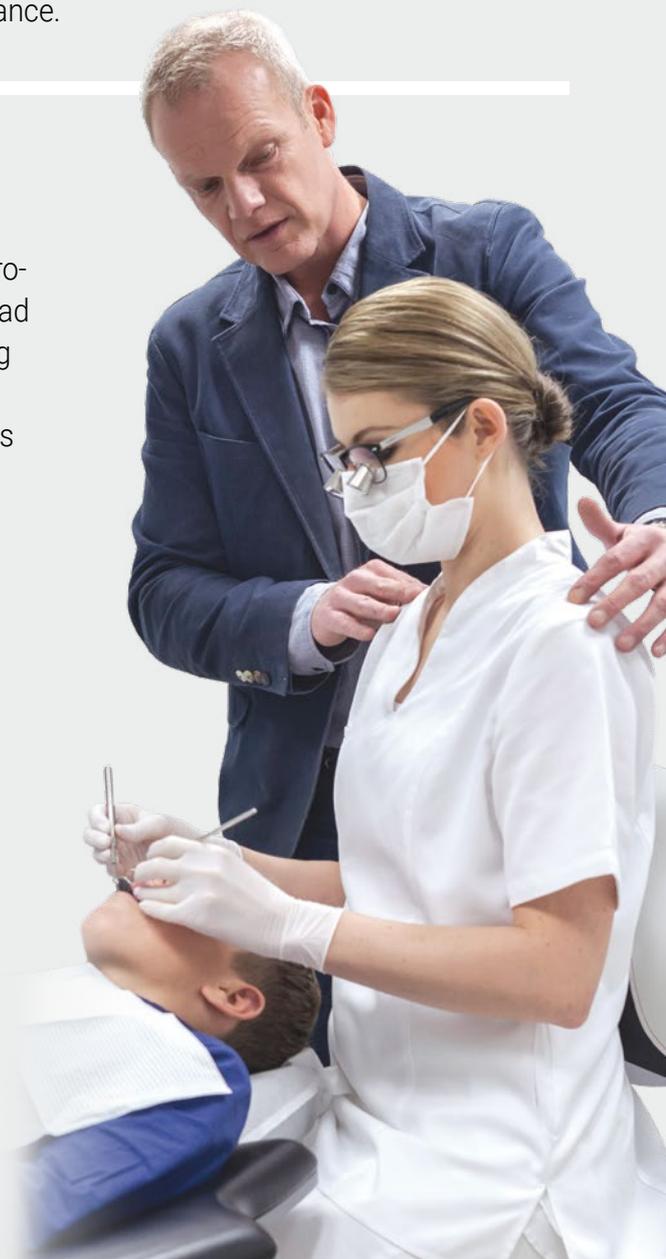
Hang the poster in a visible place and get into the habit of doing the exercises.

[www.examvision.com](http://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

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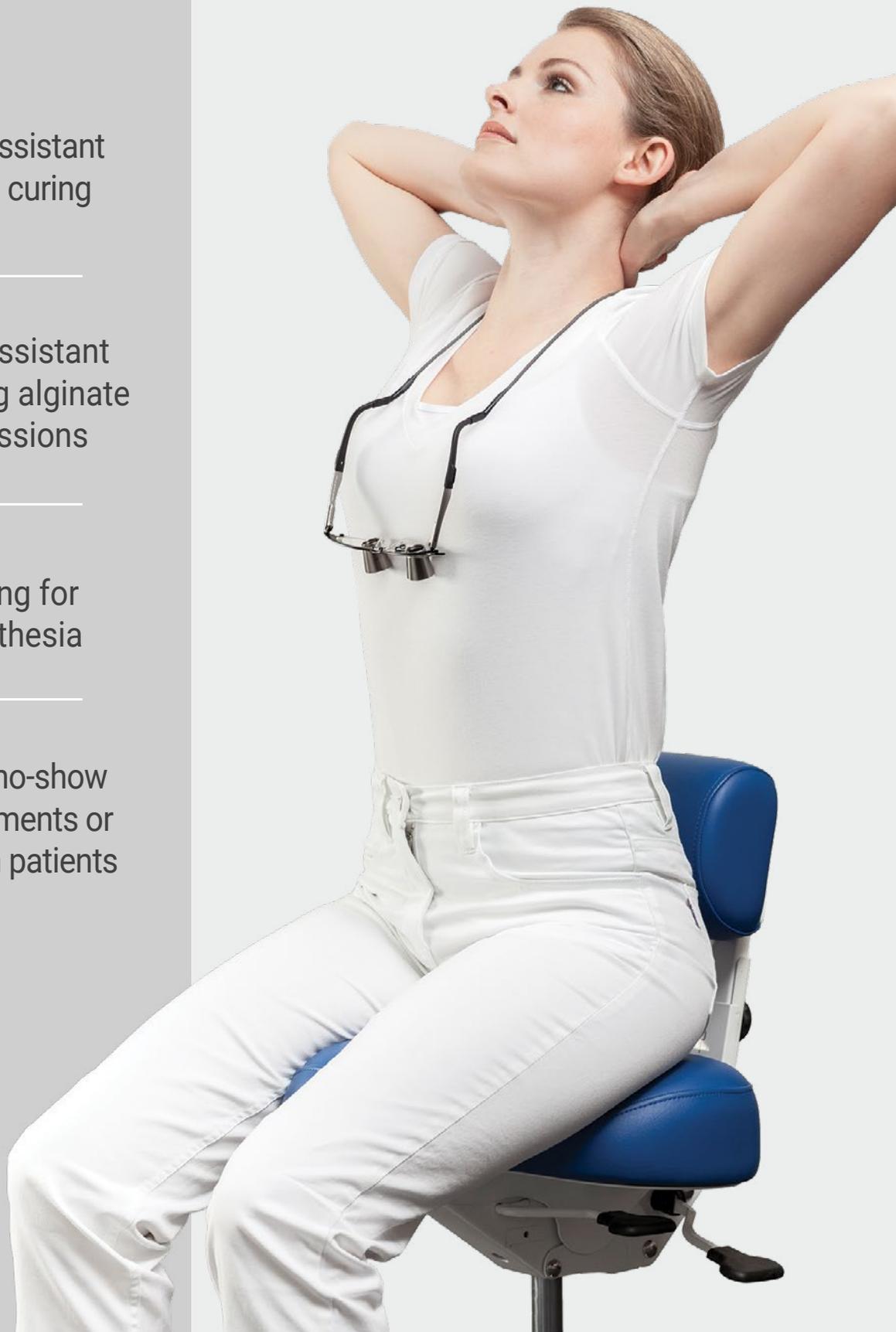
While assistant  
is making alginate  
impressions

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Waiting for  
anesthesia

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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

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