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## Be a pain-free dentist: Posture matters

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India

Dentists are at high risk for musculoskeletal disorders due to the nature of their work. The key to preventing work-related musculoskeletal disorders is ergonomics — the science of fitting the work environment to the worker. In dentistry, ergonomics involves the design, selection adjustment, and modification of operatory layouts, delivery systems, and most importantly dentist, assistant and patient positioning with regards to safety measures. Literature has shown more than 65 % of the dentist suffer from musculoskeletal complaints varying in severity but accompanied with pain, discomfort, hindrance in functioning and loss of working time. The aim of this presentation is to improve dentist performance and reduce occupational pain by focusing on proper body mechanics and preventive exercise to safeguard against injuries, thus practicing dentistry pain free for a healthy successful dental career.

### Biography:

Lisha Gangwal completed her Master's Degree in Conservative Dentistry and Endodontics from M.A. Rangoonwala Dental College, Pune in 2012. She completed her Master's in Laser Dentistry from the University of Vienna. She is an associate editor for the Journal of Dental Lasers and is a reader at M.A. Rangoonwala Dental College, Pune. Dr. Gangwal has done extensive research in the field of applications of Laser dentistry in Endodontics and laser activated teeth bleaching. Recently Dr. Lisha has been doing extensive research and has conducted surveys on Dental Ergonomics under the title 'Ergodontia'.

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