

Back Health Tips for Dentists

Dr. Dae Ha Kim

Back pain is the most common cause of activity limitations in people over 40, and is caused by a combination of anatomical and environmental factors. Dentists perform most of their treatments while sitting on small stools and leaning their upper bodies forward, so they are very vulnerable to chronic back pain due to their environment. Long-term treatment and the resulting stress can also be important factors in causing back pain.

However, this treatment environment is almost impossible to change, and the advice given to patients who visit back pain clinics is often useless. Advice such as 'Keep your back against the back of the chair and maintain your posture according to the original curve of your lumbar spine', 'Sit on an expensive and good chair with a backrest when you work', and 'Get up frequently, straighten your back, and stretch' is of no help to many dentists.

Therefore, in this lecture, we will learn the fastest and most effective way to treat back pain when it occurs.

Profile

- * Graduated from Kyunghee University College of Medicine, Seoul
- * Intern at Seoul Asan Medical Center, Seoul
- * Residency at Seoul Asan Medical Center, Seoul
- * Visitor scholarship at Albert Einstein Medical school, New York
- * Director of Brain Rehabilitation Hospital , Seoul
- * Director of Rehabilitation Medicine at Wiltse Memorial Hospital , Suwon
- * Present, Director of Rehabilitation Medicine at Seoul Asan Daon Rehabilitation Medicine, Seoul