

## **Maintaining Musculoskeletal Well-Being: Essential Strategies for Dentists to Prevent and Manage Common Physical Ailments**

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This presentation explores the importance of maintaining musculoskeletal well-being among dentists and provides essential strategies to prevent and manage common physical ailments. The presentation discusses the challenges dentists face due to prolonged periods of sitting and repetitive movements during patient treatments, which can lead to musculoskeletal issues such as back pain, neck strain, and carpal tunnel syndrome. Various ergonomic techniques and exercises are presented as proactive measures to minimize the risk of these ailments, emphasizing the significance of maintaining proper posture, using ergonomic equipment, and incorporating regular stretching and strengthening exercises into daily routines. Additionally, the presentation highlights the importance of creating a dentist-friendly workspace and implementing proper patient positioning to reduce physical strain. By raising awareness and providing practical strategies, this presentation aims to empower dentists to prioritize their musculoskeletal health and wellness, ultimately enhancing their overall professional performance and quality of life.

### Profile

- \* Ph.D in Medicine, Seoul National University, Korea
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