

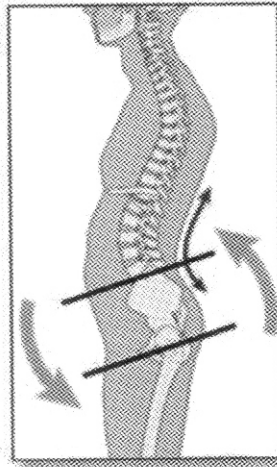
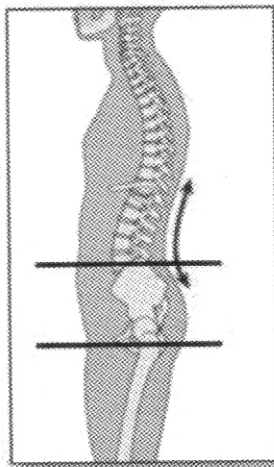
DENTISTRY AND PAIN RELATIONSHIP

It is generally recognized that dentists and their staff suffer from musculoskeletal disorders affecting their upper thoracic and cervical spine and its musculature. The unavoidable postural and personal stress of dental patient treatment mimics the biophysical stresses of forward head, rounded shoulder posture. If you have a poor posture, you magnify the affects of these physical stresses on you and if you allow your posture to get worse with age, that further weakens your neck, making it more difficult to hold the proper posture leading to further postural worsening and so on in a vicious cycle.

THIS IS THE REASON FOR FORCED EARLY RETIREMENT OF A DENTIST DUE TO NECK, SHOULDER AND BACK PROBLEMS.

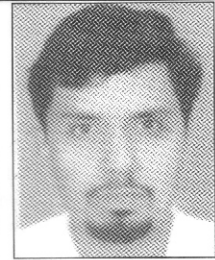
The possible important factors for cervical pain are only traumatogenous such as extreme cervical flexion during work but also constitutional psychological and behavioral factors. These all will lead to cervical problems like spondylosis, spondylitis etc.

- CONSTITUTIONAL FACTORS are important including height, muscle strength and endurance.
- PSYCHOLOGICAL FACTORS are mental stresses, attitude towards work and perceived fulfillment in task
- BEHAVIORAL FACTORS including physical fitness, training and diet



The increased risk of low back pain among dentist may be correlated to their semi flexed working position. For patient, a dentist visit typically involves sitting in a reclined or even supine position and dentist often has to contour the body to perform the oral work. Most dentist,

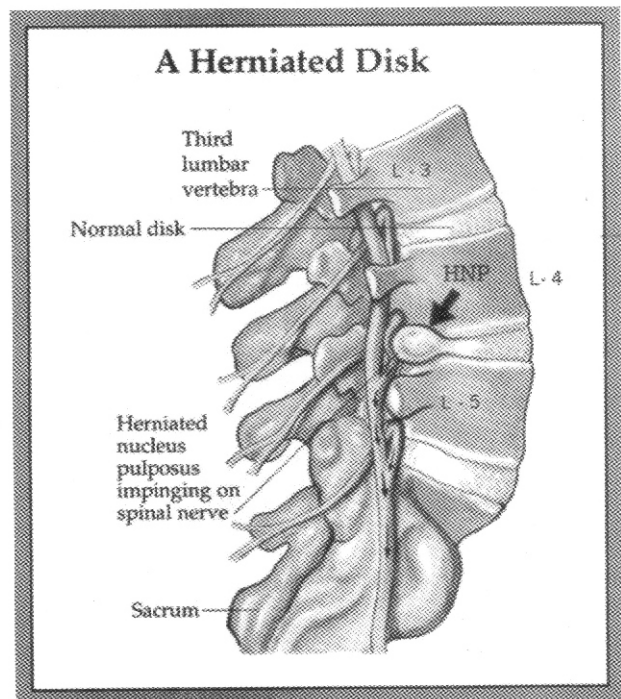
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who are right handed, have a right forward leaning position with prolonged upper arm abduction and with prolonged neck flexion low back pain is most prominent problem for the dentist because in the positions while sitting or standing there comes strain on the back.

In case of cervical problems, possible clinical features are:

- Headaches due to upper cervical pathology.
- Neckache usually due to mid-cervical pathology.
- Shoulder girdle, shoulder and arm pain due to pathology from C4 to T2.



PREVENTION AND MANAGEMENT

PHYSIOTHERAPY IS DIRECTED FOR RELIEF OF PAIN, RESTORATION OF MOVEMENT, STRENGTHENING OF MUSCLES AND MOST IMPORTANT EDUCATION OF POSTURE

For pain relief the following methods of treatment can be used

- HEAT:** Heat pad should be applied with patient lying or half lying so that the neck is supported. It will

reduce muscle spasm and increase the circulation which brings nutrition to the neck structures and remove metabolites. if pain is relieved by warmth then it perfectly valid that dentist or patients should use heat pads or hot water bottle for ten to twenty minutes or twice a day

2. **RELAXATION:** The best position for relaxation is supine lying with a thin pillow underneath the neck. Prone lying should be strongly discouraged. in side lying position there should be sufficient pillows to fill in the space between the shoulder and head. The patient should try to lie in fully relaxed position. In sitting position relaxation should be practiced with back, arm supported in chair and feet on the ground.
- 3 **POSTURE EDUCATION:** This is the main part of management programme for cervical and back pain
 1. **An easily adjustable stool is essential for dentists**
 2. Electronic operated controls should facilitate adjustment of chair height and lumbar support
 3. The patient chair should have sufficient range of height variation that allows the working positions of the dentists to alternate between sit down and stand up dentistry that means change of posture is

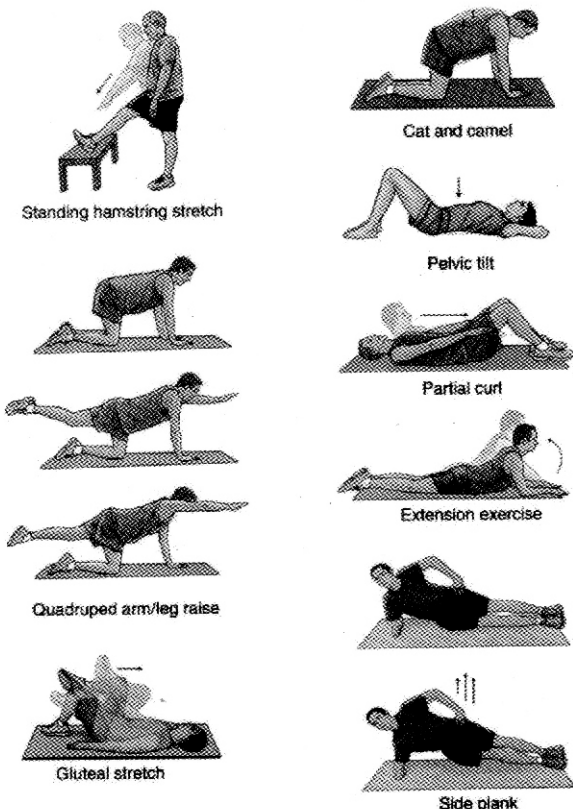
good to avoid strain on back and neck.

4. To minimize the stress on shoulder, the arm should be kept close to the body.
5. It is important to provide a more upright working posture for dentists and low back support .
6. Magnifying glasses for optimal working are also useful because it will avoid the extra flexion of the neck.
7. Here's how to find a good sitting position when you are not using a back support or lumbar roll: sit at the end of your chair and slouch completely. Draw your self up and accentuate the curve of your back as far as possible. Hold for a few seconds and release the position slightly (about 10 degrees) this is a good sitting position for work.
8. When sitting or standing, don't lean forward or stoop in an unsupported posture for prolonged periods.
9. If you are standing for prolonged period try to find something to lean against, close to the patient. Safe reaching: avoid having to reach awkwardly to equipment and work close to the patient
10. **Manage time:** short rest, breaks after every 20-30 minutes also relax the muscles and reduce the strain on neck.

11. The anterior rest is a revolutionary approach to the prevention and treatment of lower back injury. The concept of back support from the front applies research findings which suggest that anterior support is far more effective than posterior support in reducing muscle stress. The anterior rest attaches to the back of the dental chair, and terminates in a small cushion against the dentist leans, thus freeing her arms and hands for stress free manipulation of tools. These supporting arms can be moved through a complete 360 degree range of motion, making positioning infinite.

If with the help of healing therapy, relaxation and postural correction pain is not relieved than visit a physiotherapist. In physiotherapy, with the help of mobilization, soft tissue technique (kneading massage), traction, hydrotherapy, isometric and hold relax exercises, and electro-therapy(interferential therapy, ultrasonic therapy etc.) the problems of cervical and back pain can be cured.

Low Back Pain Exercises



ABOUT THE AUTHOR

Running his own clinic in Nit 3 Faridabad Since 8 years having Best OPD in the city and Awarded by different Ministers , MLAs and Police Officials For his Social Work for the Society.