

**THIS PRESENTATION IS A PART OF THE ASSOCIATION FOR CONTINUING DENTAL EDUCATION JOINT PROVIDER LIVE WEBINAR SERIES**

<b>Event Title:</b>	<b>5 Steps to Practicing Dentistry Pain-Free: Evidence-based Strategies for a Long &amp; Healthy Career</b>
<b>Event Date:</b>	Wednesday, November 17, 2021
<b>Event Time:</b>	7:00 PM CST, 8:00 PM EST, 5:00 PM PST, <b>4:00 PM AZ</b>
<b>CE Hour:</b>	1.0 credit
<b>Course Fee:</b>	<b>\$39 Register Here</b>
<b>Audience:</b>	All Dental Professionals
<b>Speaker:</b>	<b>Bethany Valachi, P.T., D.P.T., M.S., C.E.A.S.</b>
<b>Conflict of Interest:</b>	Not available at this time
<b>Location:</b>	Zoom Link will be emailed prior to start of course.



**Course Description:**

Did you know that one-third of dentists who retire early are forced to because of a musculoskeletal disorder? Untreated chronic pain can result in physical and financial disaster! Now, more than ever, during the COVID-19 pandemic, mental stress can add to the physical demands in the operatory, resulting in pain. Due to the multi-factorial nature of work-related pain in dentistry, rarely does a single intervention (i.e., new loupes, strength training) permanently resolve chronic pain issues. Research reveals 5 key areas that are essential to effectively resolving work-related pain in dentistry. The sequence in which these are implemented is also integral to successfully resolving pain. This dynamic interactive webinar introduces ground-breaking education that can help rejuvenate your love of dentistry and transform your life!

**Learning Objectives:**

At the conclusion of this course, participants will be able to:

- 1) Learn the etiologies of work-related pain in dentistry
- 2) Discover the single most important dental ergonomic intervention to prevent neck pain
- 3) Implement a technique to easily down-regulate the sympathetic nervous system in the operatory
- 4) Discover how painful trigger points develop in dental professionals and a self-treatment protocol
- 5) Discover which types of stretches are most beneficial and how to perform them
- 6) Learn how to correct painful muscle imbalances with proper exercise

**Meet the Speaker: Bethany Valachi, P.T., D.P.T., M.S., C.E.A.S.**

Dr. Bethany Valachi is author of the book, “Practice Dentistry Pain-Free”, clinical instructor of ergonomics at OHSU School of Dentistry, and is recognized internationally as ‘the’ expert in dental ergonomics. For over 20 years, Dr. Valachi has helped thousands of dental professionals prevent pain and extend their careers with her relevant, evidence-based dental ergonomic education. She has published more than 80 articles, presented over 1,000 lectures internationally, and offers dental ergonomic video training on her website at [www.posturedontics.com](http://www.posturedontics.com).

**ACCREDITATION:**

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This series features university-based key opinion leaders presenting numerous topics on multiple dates and times.