

INTRODUCTION

- ❑ Dental profession is very demanding both mentally and physically. In most cases dental professionals work in positions that maintain arms and shoulder girdles in a very unstable and unsupported positions. ¹
- ❑ Yoga is a system of physical exercises and therapy, which originated in ancient India. Consistent practice of yoga cannot only help to decrease stress and anxiety, but also improves the cognition and immunity of the body. ²
- ❑ The people who are stressed are less likely to give their teeth and gums the proper oral care. Yoga reduce the stress, improve the oxidatus status of body, improve the immune system and reduces chronic gingival inflammation. ²
- ❑ Yoga is versatile, enjoyable and highly beneficial and a great way for dentists and their patients to battle stress and anxiety and to decrease work related musculoskeletal pain. In dentistry and maintaining oral health. ²

OBJECTIVE

- ❑ The purpose of this study is to recommend a package of exercises and to evaluate the effectiveness of these exercises in dentists who applied them during the 12 months.

METHODS & MATERIAL

A self-reporting work-related questionnaire and the Nordic questionnaire for analysis of musculoskeletal disorders were given to graduated dentists in Tirana, Albania to know the musculoskeletal pain experienced in the last 12 months and feedback was obtained from 64 dentists.

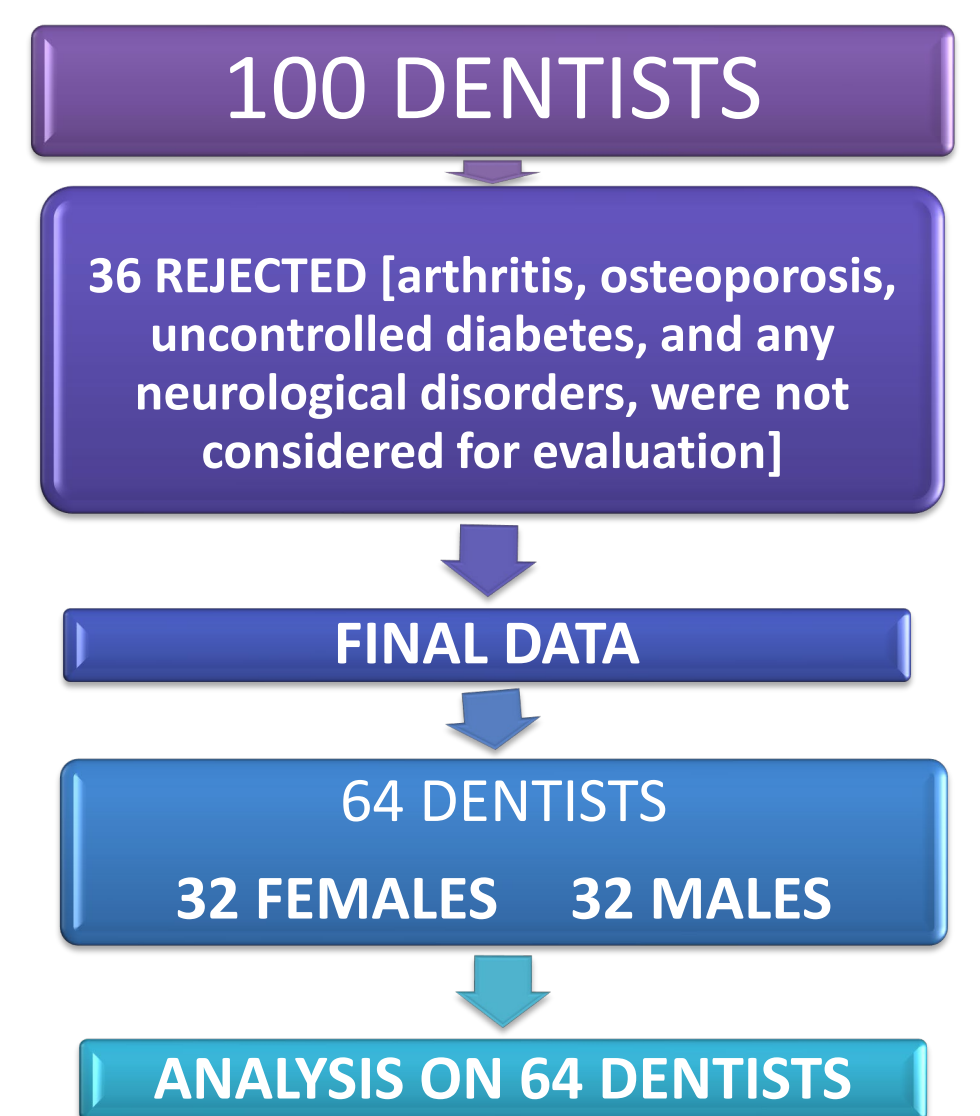
Participants

The study was conducted on 32 male and 32 female dentists of age from 30 to 70 years, who work in their dental clinics in Tirana on January, 2020.

Study design

Dentists with minimum of 8 years of clinical practice and 30 practicing hours per week were considered for this study. 64 dentists, who agreed to be part of the study applied for a period of 12 months and a minimum of four times in a week for at least 1 h per day the package of proposed yoga exercises.

After 1 year the Nordic questionnaire for analysis of musculoskeletal disorders were given again to the dentists. *Dentists with any systemic disease that can influence the musculoskeletal system, such as arthritis, osteoporosis, uncontrolled diabetes, and any neurological disorders, were not considered for evaluation.*



RESULTS

Final data collected from 64 dentists were considered for evaluation

Table 1: Data of prevalence of musculoskeletal disorders among dentists before the package of proposed yoga exercises.

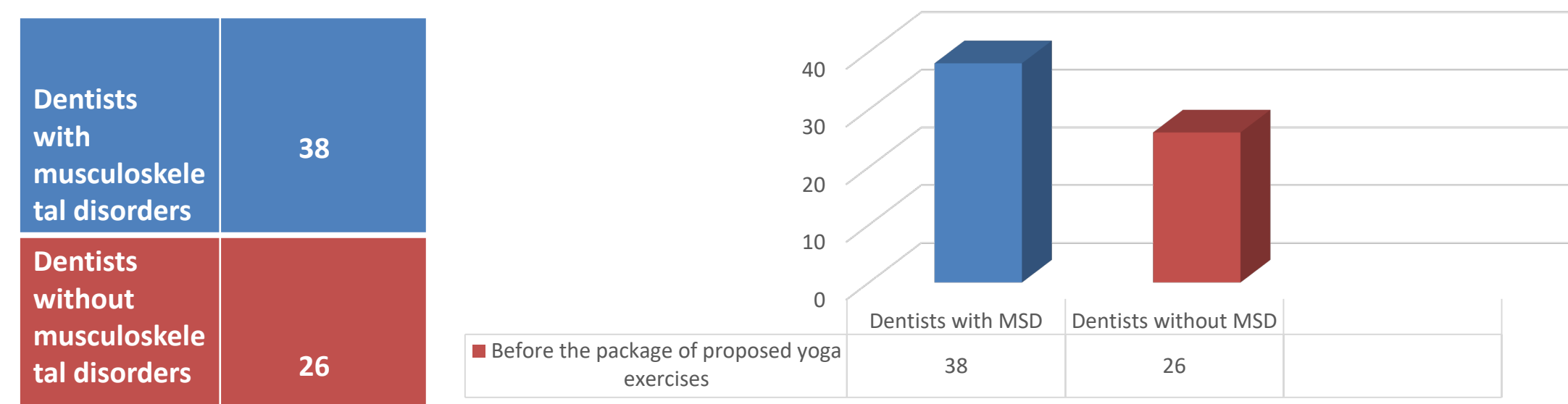
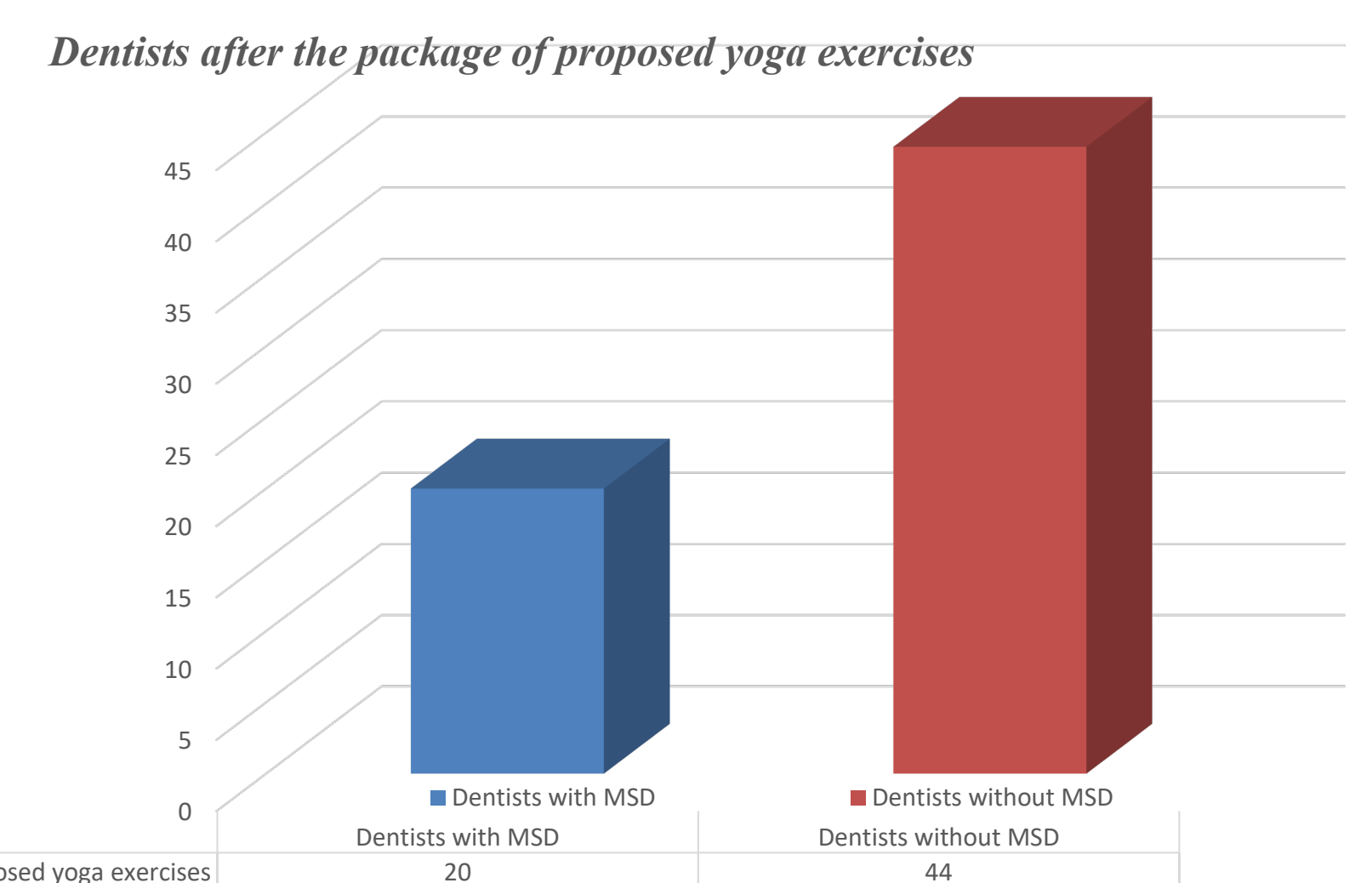


Table 2: Data of prevalence of musculoskeletal disorders among dentists after the package of proposed yoga exercises.

Dentists with musculoskeletal disorders	20
Dentists without musculoskeletal disorders	44



YOGA STRETCHES TO DO AT HOME

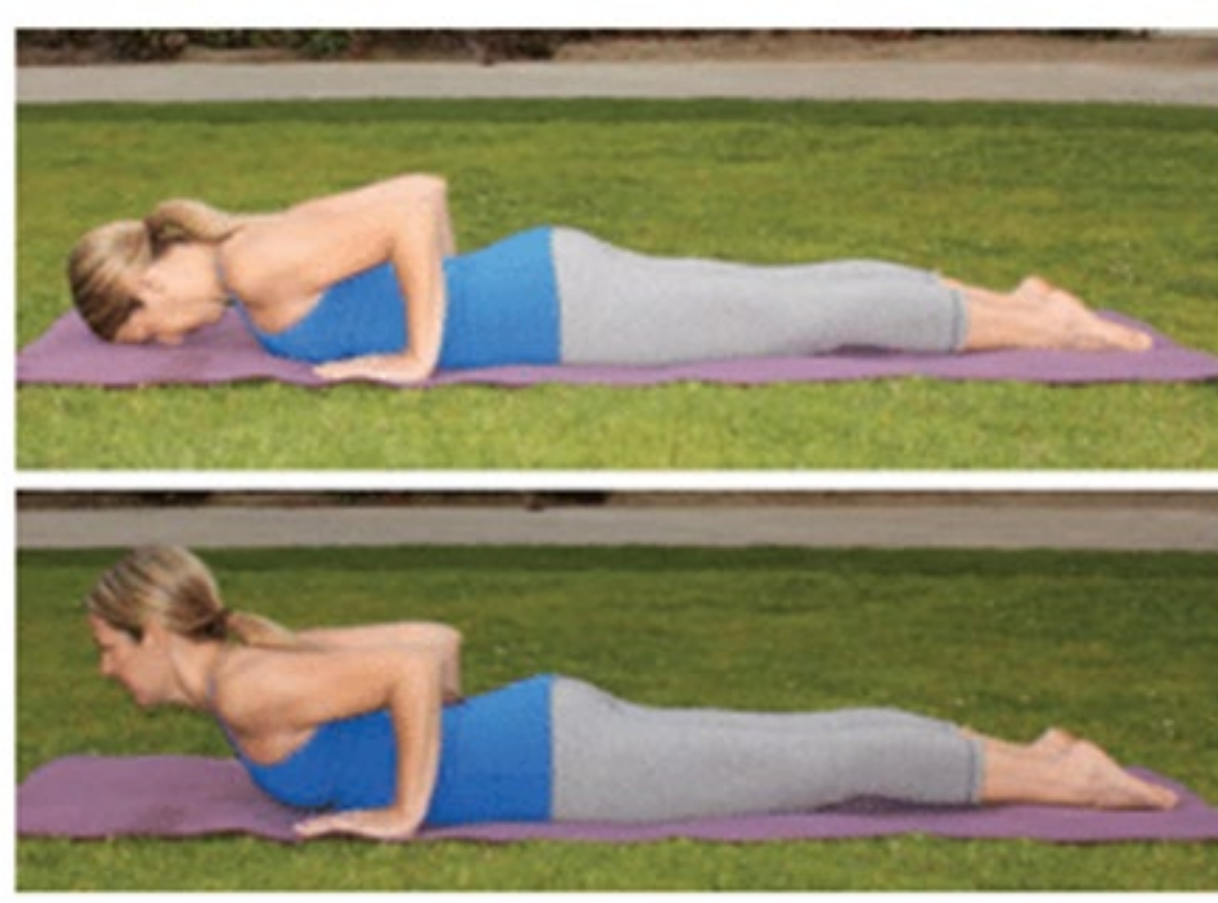


FIGURE 7. Triangle pose³ FIGURE 8 and FIGURE 9. Low cobra pose³



FIGURE 10 and 11. Bridge pose³

The exercises can even be done between patients while waiting for a filling to set or during breaks.

CHAIRSIDE YOGA STRETCHES

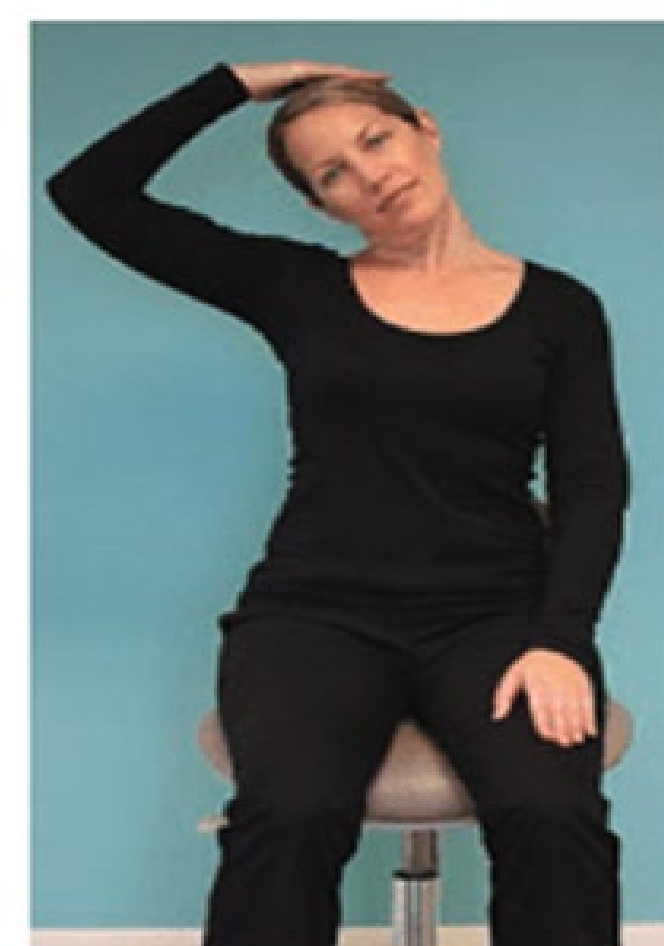


FIGURE 1. Side neck stretches³



FIGURE 2 AND FIGURE 3. Seated alternate arm raise³

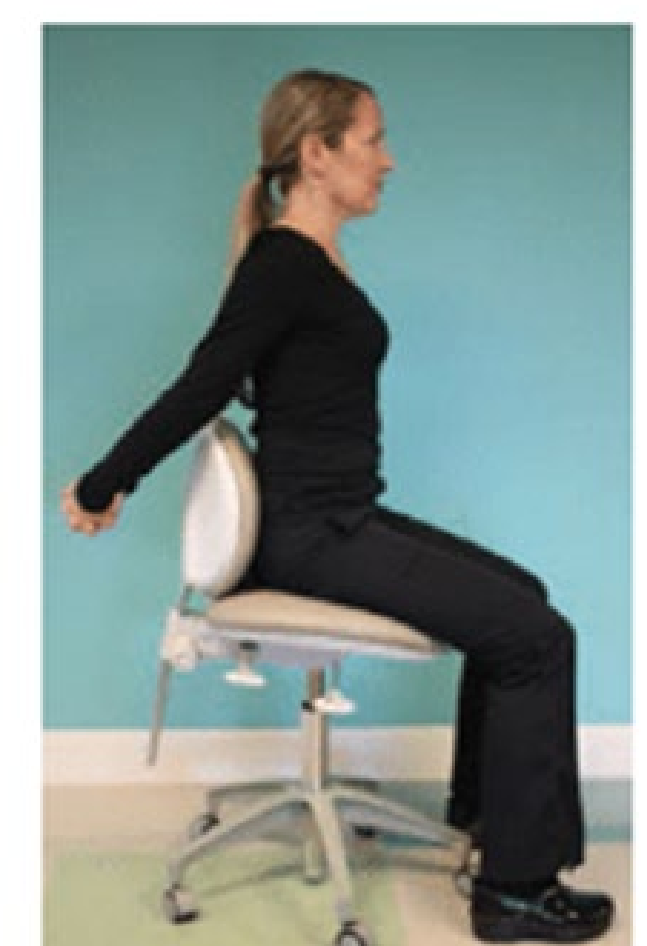


FIGURE 4. Chest expansion arms³

CONCLUSION

Within the limitations of the study, work-related MSDs are found to be a significant occupational health problem among the dentists. ⁴ According to The Nordic questionnaire for analysis of MSDs observed that yoga was more effective than other modes of physical. ⁴ Our study also affirmed the same result by improving MSDs. We recommend to incorporate a consistent practice of yoga in our daily routine for a better mental as well as physical well being.

REFERENCES

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