Positioning for Life-Ergonomics
Advancements in Dentistry: Hands-On Workshop

Judy Z. Bendit
Welcome to the Greater New York Dental Meeting

Greater New York Dental Meeting™
Executive Headquarters
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Sponsored by New York County & Second District Dental Societies

All programs and exhibits are held at the Jacob K. Javits Convention Center (unless otherwise indicated)
11th Avenue between 34th and 39th Street, New York City

General Registration Hours
Friday, November 29          12:00 Noon - 4:30 P.M.
Saturday, November 30         8:00 A.M. - 4:30 P.M.
Sunday, December 1 - Tuesday, December 3
  8:00 A.M. - 5:30 P.M.
Wednesday, December 4        8:00 A.M. - 4:30 P.M.

Exhibit Hall Hours
Sunday, December 1 - Tuesday, December 3
  9:30 A.M. - 5:30 P.M.
Wednesday, December 4         9:30 A.M. - 5:00 P.M.

COURSE REGISTRATION
Pre-registration is required for all continuing education courses with the exception of the “Live” Dentistry and Affiliated Groups. Your seat will be held for 15 minutes after the start of the course; after that, those without tickets will be seated according to space availability. When the room is filled, no additional people will be admitted due to fire department regulations. If you have not pre-registered, please be prepared to select an alternate session to attend.

Tickets
Tickets are required for all courses excluding Live Dentistry. Tickets for all functions can be purchased at all general registration booths located in the Registration Area on the Upper Level in the Crystal Palace and online.

6 Days of Education Seminars, Hands-on Workshops & Essays
Friday - Wednesday

4 Days of Exhibits
Sunday - Wednesday

FREE “Live” Dentistry
Hi-Tech 450 Seat Arena

SUNDAY
9:45 - 11:45
VOCO America, Inc.
Drs. Ron Kaminer &
Marc Geissberger
Restorative

MONDAY
9:45 - 11:45
Shofu
Dr. Ron Kaminer
Restorative

TUESDAY
9:45 - 12:00
Millennium
Dr. Sundil D. Thanik
Laser

WEDNESDAY
9:45 - 12:00
Apa / CareCredit
Drs. Michael Apa
Aesthetic

9:45 - 11:45
VOCO America, Inc.
Drs. Ron Kaminer &
Marc Geissberger
Restorative

1:30 - 2:45
First Fit
Drs. Frederick E. Solomon
Cyrus Tahmasebi
Digital

3:30 - 5:15
Align i Invisalign i Itero
Drs. Karla Soto &
Christian Coachman
Restorative

John Quiñones
Monday, December 2nd
12:00 - 2:00 - Ticket 4010
$125.00

3D Printing & Digital Dentistry Conference
Dental Laboratory Technicians Programs
Sleep Apnea Symposium
Oral Cancer Symposium

Celebrity Luncheon Speaker

WORLD IMPLANT EXPO
5th Annual Global Orthodontic Conference

3rd Annual Pediatric Dentistry Summit

12th Annual INVISALIGN® - GNYDM EXPO
4 Days of Programming:
Sunday - Wednesday
Botox and Facial Fillers Seminar & Workshop
Over 1,700 Exhibit Booths

Buy a Bundle and SAVE with GNYDM’s CE Passport

Obtain more CE Credits and save money by purchasing one of our Education Bundles.

The GNYDM CE Passport Bundle includes Seminar and Essay courses.

When purchasing a bundle, attendees can register for as many Seminars and Essay courses as they want during all six days of the show.

Registration for all courses is required.

$595.00
entitles an individual to take unlimited* seminars and essays

$895.00
entitles a dentist and their entire staff to take unlimited* seminars and essays

*Excludes Workshops, Botox & Fillers, Sleep Symposium and Invisalign

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Sponsored by

[Logos for ORASCOPTIC and Hu-Friedy]
Learning Objectives

• Recognize clues and signals that identify potential physical problems and eliminate them before they cause permanent damage.

• Emphasize positive “neutral” postures, and eliminate or reduce negative “flexions” and “extensions”

• Recognize and convert the not-so-obvious physical stressors in daily routines – sneaky “hidden” stressors that cause fatigue.

• Analyze “motions” and movements that create a risk for musculoskeletal problems.

• Review newly designed instruments with the goal of reducing “repetitive motions”, minimizing wrist flexion and/or extension, and relaxing instrument grasp.

• Discover realistic, effective methods to defeat chairside postural problems including proper utilization of loupes.

WE see things that will make your career better....

Why not take a look??
Consideration:
Are you getting enough sleep?
Do you take time to stretch daily?

Major Issues:
Room Layout- analyze your workspace, can you reach everything you need?
Scheduling issues-how much time do you have to do all that you do?
Operatory stool consideration/challenges- see Judy’s website for all the different companies.
Patient positioning- consider Crescent pillows to assist with patient positioning.
Access to instruments- are they within 15 inches. Consider the Zirc clip on tray if you can’t access instruments, handpieces or power scalers.
Magnification- see below
Gloves – consider Right/ Left gloves (Cranberry or Arellia)
Instrument selection- see below

**Visual Magnification:** Bringing the patient closer without compromising your positioning.

- Identify our changing visual needs for patient assessment
- Identify common visual conditions
- Explore different technology that aids in visualization of oral tissues
- Hands on experience with loupes and lights
Buying loupes

Options

Features

Benefits

Magnification & Power

Depth of Field

Working distance

Width of field

Resolution

Declination

Fixed or flip-up?

**Light options** corded or cordless

Suction Options:


Mr. Thirsty

ReLeaf  [https://www.releafdental.com/collections/all-products](https://www.releafdental.com/collections/all-products) sold by Kulzer

Stoma Dental Dove  [www.stomadental.com](http://www.stomadental.com)

Ergo Vac by Hager  [http://hagerworldwide.com](http://hagerworldwide.com)

Dry Shield  [https://dryshield.com](https://dryshield.com)
Operator stool companies:
Orascoptic
Crown Seating
RGP
Evolution Chair (Ball)
Brewer
BQ Ergonomics
Hager Worldwide
Consider Adec, Pelton-Crane, Belmont etc if the seat pan can adjust forward

Instrument Considerations:
Handle diameter
Handle weight
Balance
Rigidity- Standard (finishing), Rigid, Extra Rigid
Length of terminal shank
Instrument design
Blade size
Number of bends
Anterior vs. posterior (consider some posterior instruments in anterior region)
Power Scaling- not covered in this course, but options are: Magnetostrictive or Piezoelectric.
Must consider contra-angled inserts. Universals will not be as effective.
Consider Tap-on technology / Touch and Steri-Mate by Dentsply
Swival inserts by Hu-Friedy.

Check out Cord ez for your ultrasonic cord
(https://www.cordeze.com/products/cordeze-black)

**Instrument Highlights:**

Mini-bladed anterior Gracey (1/2)
Gracey 15/16 instead of 11/12
Gracey 17/18 instead of 13/14
Look at newer posterior scalers (designed for sitting down)
Langer curette (bends of Gracey with universal blade)
(3/4 with longer shank)
Posterior scalers-lots of new designs- check with companies

**Instrument Companies:**

Hu-Friedy
Premier
PDT
American Eagle
Nordent
Hartzell
Miltex
Brassler

**Computer options to use with standard probe**


“I am going to lay you back and get BOTH of us comfortable”
Consider cordless handpiece
Freedom cordless handpiece by Dentsply
Nupro Freedom Handpiece by Dentsply
AeroPro by Premier
i-Star by DentaleZ
NSK handpiece sold by Brassler

See Judy's web site for prophy angle options and everything else.
Consider Compression Socks
Hearing considerations

PERIODONTAL INSTRUMENTS IN CASSETTE

<table>
<thead>
<tr>
<th>PART CODE</th>
<th>INSTRUMENT</th>
<th>COLOR/HANDLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAS1/27</td>
<td>Mini-Five 1/2 Gracey</td>
<td>Orange/Red #7</td>
</tr>
<tr>
<td>SG1/2R7</td>
<td>Gracey Rigid</td>
<td>Blue/Red #7</td>
</tr>
<tr>
<td>SG 7/8ER7</td>
<td>Gracey 7/8 Extra Rigid</td>
<td>Brown/Black #7</td>
</tr>
<tr>
<td>SG9/10R7</td>
<td>Gracey 9/10 Rigid</td>
<td>Blue/Yellow #7</td>
</tr>
<tr>
<td>SRPG15/168</td>
<td>After-Five 15/16 Gracey</td>
<td>Blue/Black #8 Resin8</td>
</tr>
<tr>
<td>SG17/182</td>
<td>Gracey 17/18</td>
<td>White/Yellow #2</td>
</tr>
<tr>
<td>SCNEVI17</td>
<td>Nevi Anterior Scaler</td>
<td>Red/Green #7</td>
</tr>
<tr>
<td>SCNEVI27</td>
<td>Nevi Posterior Sickle Scaler</td>
<td>Grey/Orange #7</td>
</tr>
<tr>
<td>SL3/4AF6</td>
<td>Langer After Five ¾</td>
<td>Brown/Pink #6</td>
</tr>
<tr>
<td>SGCSUB-04</td>
<td>Vision Curvette Sub-0</td>
<td>Red/White #4</td>
</tr>
</tbody>
</table>
SN137M7																												Mini-blade Anterior Combo	Black/Yellow #7
Sickle Scaler & Curette

IMPHDL6																												Implacare Handle with Color-Vue	Double-ended #6
Probe and Resin Curet tip

SG 11/12																												Gracey 11/12	Pink/Blue #7

SRPG 13/149																												After Five Gracey 13/14	EverEdge Coastal
Blue #9

**Notes:**