

13. Ergodontics: prevention is better than cure

Janavi Kamath

Mangalore

As dentists are at a high risk of musculoskeletal skeletal disorders, prioritising on their health is essential for better management of the dental team as well as the patients. The key to preventing these work related disorders is ergonomics which is the science of fitting the work environment to the worker. Proper ergonomic design is necessary to prevent repetitive strain injuries which can develop over time and cause long term disabilities for the dentist. This paper intends to discuss the potential risks and hazards of dental practice related disorders influencing the physical and psychological health of the practitioner and the methods of preventing them by health promotion, modification in dental operatory and dental tools.

DOI: 10.4103/0972-4052.246684