

Protect Your Hands – Protect Your Livelihood

Preventing Carpal Tunnel Syndrome in Dentistry

Individuals working in the dental field have a high risk of developing musculoskeletal disorders (MSDs) due to repetitive motions that lead to strain and fatigue. Mary Govoni, breaks down the basics of MSD risk factors in dentistry and offers valuable insights. The webinar, titled “Protect Your Hands – Protect Your Livelihood,” details the principles of ergonomics, common injuries in dentistry, and several prevention strategies in order to raise awareness to those working in the dental vertical.

PRINCIPLES OF ERGONOMICS

Ergonomics, to put it simply, is making the workplace a better fit for higher worker efficiency and safety. Ergonomic principles are guidelines that effectively prevent injury in the workplace. These principles include:



- Working in a neutral position and practicing good posture
- Decreasing the need for excessive force
- Keeping materials and instruments within easy reach
- Working at the proper height and position
- Reducing unnecessary motions
- Minimizing contact stress
- Moving and stretching throughout the day

MSDs AND ERGONOMIC RISK FACTORS

MSDs are injuries that affect the body's ability to move and are caused by ergonomic risk factors. Decreased range of motion, decreased grip strength, and loss of sensation are all signs of a developing injury. Symptoms include pain, tingling or burning sensation, and muscle cramping.

WHY ARE MSDs MORE COMMON IN DENTISTRY?

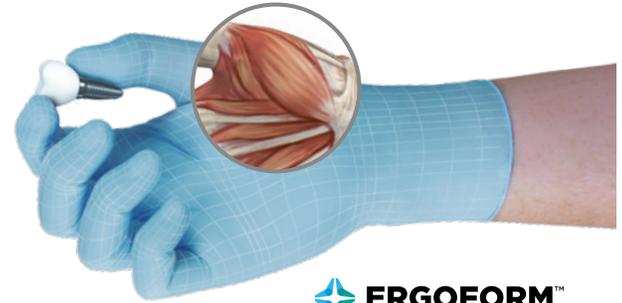
Ergonomic injuries end careers, forcing dentists, hygienists, and assistants to retire early. **29.5% of dentists retire early due to musculoskeletal injuries.*** These injuries are more common in dentistry than in other professions due to **the repetitive motions and long work hours that are common for dental professionals.** One of the **most common MSDs that occurs in dentistry is carpal tunnel syndrome**, an entrapment of the median nerve in the wrist.



* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144062/pdf/ijcpd-07-030.pdf>

HOW TO PREVENT MSDs WITH ERGOFORM™ GLOVES

When an individual wears a glove that restricts movement, they must exert more muscle effort to perform tasks. This increases the risk of strain that can lead to MSDs like carpal tunnel syndrome. Additionally, an ill-fitting glove can cause discomfort. The right glove can make a critical difference in hand comfort, from the material, to the thickness, to its gripping ability. Ansell's ERGOFORM™ Technology provides comfort that enhances performance and alleviates the musculoskeletal stress that leads to injuries. Our optimized polymer formulation creates thinner and stronger gloves for superior comfort, tactility, and maximum range of motion. Fitted, ergonomic gloves support musculoskeletal health, and allow dentists to continue doing what they love.



 **ERGOFORM™**
Ergonomic Design Technology

ERGONOMIC GLOVE OPTIONS:



MICROFLEX® Ultraform® UF-524

Comfortable, thin nitrile glove that offers affordable protection with an ergonomic design

[LEARN MORE](#)



MICROFLEX® MidKnight™ Touch 93-732

Provides excellent dexterity along with enhanced comfort fit and feel

[LEARN MORE](#)



MICROFLEX® Neogard® C52

Ergonomically designed neoprene glove with exceptional grip

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MICROFLEX® XCEED® XC-310

Ergonomically designed to reduce hand fatigue

[LEARN MORE](#)



Protect Your Hands – Protect Your Livelihood

Mary Govoni, CDA, RDA, RDH, MBA is an internationally recognized speaker, author and consultant on clinical efficiency, ergonomics, OSHA & HIPAA compliance, infection control and team communication.

Mary is a past president and a life member of the American Dental Assistants Association, a member of the American Dental Hygienists Association, a consultant to the American Dental Association Council on Dental Practice, a member of the Organization for Safety Asepsis and Prevention, the National Speakers Association, and the Academy of Dental Management Consultants and the Speaking and Consulting Network. She is a featured speaker on the ADA Continuing Education and Lifelong Learning seminar series and the infection control columnist for Dental Economics magazine.



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