

## Help is on your way! - Lecture on “Common Musculoskeletal Disorders Associated with the Dental Profession”

Tight. Stiff. Sore. Painful. Do these terms sound familiar to you? Musculoskeletal disorders are occupational health problems in modern dentistry, affecting 38% – 82% of dentists, according to a review by Leggat et. al in 2007. Ayers et. al in 2009 stated that the most commonly reported sites for musculoskeletal problems experienced by dental practitioners in 2008 were the neck (59%), lower back (57%) and shoulders (45%).

### **Tip:**

After sitting down for 20 minutes, one should stand up and walk around for 15-20 seconds.

Dr. Will Kalla, a chiropractor who has his own practice, Precision Spine Chiropractic, presented an extremely informative, interesting and interactive 2.5-hour talk to a group of 62 dentists on October 1, 2009, at Singapore Dental Association Arthur Lim Auditorium. The topic was, “The Common Musculoskeletal Disorders Associated with the Dental Profession”. Other than giving us information on how the musculoskeletal disorders arise, Dr. Will provided the participants with useful tips and solutions to maintaining good posture and improving spinal alignment with the help of the Bambach Saddle chair and few easy to do exercises. There were live demonstrations during a practical session too! 🦋



Dr. Will has the following promotion in place exclusively for dentists up to December 2009:

1st Consultation S\$100  
And get FREE Neck X-Rays (worth S\$100)

Interested parties, do make an appointment with:  
Dr. Will Kalla  
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