

Ergonomics and Instrumentation Workshop

Kimi Broadbent and Deb Brown

Did you know that over 70% of Oral Health professionals have reported strain and injuries due to their posture and positioning, with Dental Hygienists and OHTs being the largest proportion of that population?

We will start the workshop with a focus on instrumentation, seat and hand positioning as well as advanced fulcrums to provide clinicians with knowledge of how to look after their bodies while looking after their patients!

In the second half, we will discuss common causes of body strains and injuries in the surgery and then have the opportunity to participate in an hour-long functional Pilates session with the fabulous Kimi Broadbent from the Pilates Vibe Studio in Southeast Melbourne. Kimi is an internationally recognised Pilates teacher and will take us through a series of exercises that you can use both in surgery and at home to maintain good postural health for a happy work and home life!