

6 Easy Chairside Stretches to help avoid MSD

Sitting on a Bambach Saddle Seat will go a long way towards preventing neuromuscular dysfunctions which can lead to painful musculoskeletal disorders and premature retirement. Coupled with these simple stretching exercises, The Bambach ensures that you maintain a healthy, pain free posture, at all times.



Exercise 1

- Position your left elbow at 90 degrees and up towards shoulder height.
- Now gently pull your left arm across the front of your body with your right arm.
- Hold the position for 5 to 10 seconds. Repeat three times for each arm.

Exercise 2

- With your feet flat on the floor, bend your right side, resting your right elbow on your right leg.
- Stretch your left arm overhead and look at the ceiling.
- Hold the position for 10 seconds. Repeat three times for each side of your body.

Exercise 3

- Clasp your fingers together behind your occiput.
- Slowly extend your upper back and look towards the ceiling.
- Press your elbows outwards to stretch your chest.
- Hold the position for 5 to 10 seconds. Repeat three times.

Exercise 4

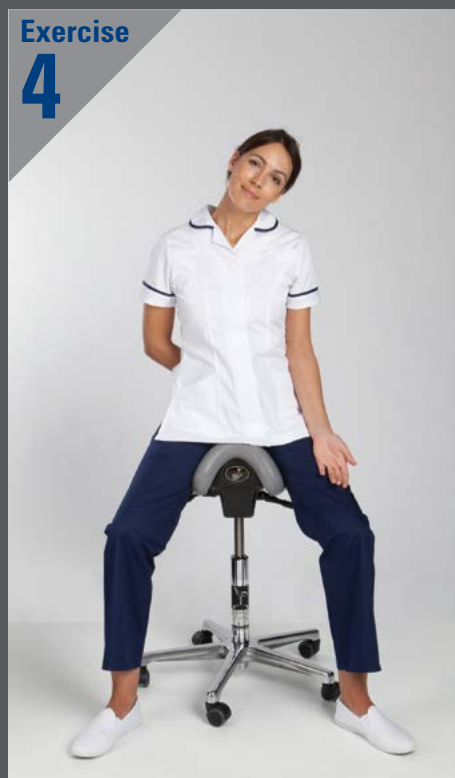
- Anchor your right hand behind your back.
- Slowly bring your left ear towards your left armpit.
- Hold the position for 5 to 10 seconds. Repeat three times for each side of your body.

Exercise 5

- Stand with your feet a shoulder width apart and arms behind your back.
- Grasp your left wrist with your right hand and pull your left arm down and right.
- Tilt your head to the right. Hold the position for 10 to 15 seconds.
- Repeat grasping your right wrist with your left hand, pulling down and left.

Exercise 6

- Stand with arms extended in front of you to shoulder height, with fingers interlaced and palms facing outward.
- Extend your arms and shoulders forward and hold for 10 to 15 seconds.
- Return to a standing position.



Avoiding musculoskeletal disorders

Musculoskeletal disorders are a significant issue for today's professionals.

What is a musculoskeletal disorder?

Essentially, a musculoskeletal disorder is a condition that affects nerves, tendons, muscles and supporting structures such as inter-vertebral discs. Typically affecting the neck, shoulder, back, wrist and hand, symptoms range from mild periodic pain or discomfort to severe chronic pain or discomfort. The most common telltale signs that you're suffering from such a condition include a decreased range of motion, deformity, decreased grip strength and loss of muscle function. Accompanying symptoms include pain, numbness, tingling, burning, cramping and stiffness.

What causes a musculoskeletal disorder?

In dentistry, there are a number of factors that have been identified as contributing to musculoskeletal disorders. These factors are primarily related to workplace ergonomics, which have a significant effect on operational habits and working posture. In particular, movements or actions that can cause or exacerbate a musculoskeletal disorder include:

- Frequent or prolonged use of vibrating tools
- Forceful hand exertions, such as squeezing or release of instruments
- Repetitive movements of hand and wrist
- Fixed or awkward postures of the neck, back and shoulders
- Lack of upper extremity support during work
- Abnormal positioning of wrist and hand
- Poor positioning while treating patient
- Poor organisation of instruments

How to prevent musculoskeletal disorders

There are several actions you can take that will help you eliminate the cause of musculoskeletal disorders, including simple chairside exercises (see accompanying document), taking regular breaks and avoiding prolonged work hours. However, the most important preventative action you can take is to ensure that you maintain an ideal operating posture. This requires that the spine is maintained in its normal s-shape when seated. As many dentists like yourself already know, the Bambach Saddle Seat has been proven to ensure that this is the case.



Interested in evaluating the Bambach Saddle Stool for your workforce?

Find out about our free trial program.

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