



Beyond comfort

Creating healthy workspaces for dental practices

Twisting and reaching during procedures is a common occurrence in a typical dental practice. If you find yourself leaving the office at the end of the day feeling the aches and pains of hours of class 4 and class 5 movements, you're not alone.

According to a 2009 article from the *International Journal of Dental Hygiene*, between 64 and 93 percent of dental health professionals experience general musculoskeletal pain. For dentists, the pain is showing up most commonly in the back and neck, and in hygienists, the pain is showing up most commonly in the hands and wrists.

Many dental professionals brush off these minor aches and pains and find ways to cope, or simply ignore the pain as they work. But even though these pains seem minor today, they can take a toll on your body.

"It's hard to think about your career 20 years from now, but ergonomics plays into that. Having an ergonomic setup today allows for career longevity," said Pete Foster, national sales director of Pelton & Crane, KaVo North America and Marus. "But besides career longevity, good ergonomics allows you to have an improved quality of life *today* and enjoy life outside of work."

Fortunately, dental professionals are becoming more aware of ergonomics issues and making changes that empower them to enjoy life outside of work without aches, pains or work-related injuries. "In general, we're seeing a rising awareness of ergonomic issues in dentistry," said Emily Zodtner, director of marketing for Pelton & Crane, KaVo North America and Marus. "Traditionally, dental professionals have sacrificed their good health and posture in order to do their job well. There haven't always been ergonomic options for dental equipment, so for some dentists the pain was just a normal part of the job."

Addressing pain that exists today is only part of the challenge, though. “One area of focus for us is on the prevention of pain. By providing the right equipment and by educating dental professionals on the importance of ergonomics, we’re able to get in front of pain and stop it before it ever starts,” said Zodtner.

DEDICATION TO INNOVATION AND QUALITY

In 1900, Pelton & Crane was founded by Dr. Richard M. Pelton, a dentist, and Mr. Ernest Crane, an electrical engineer, with the intention of delivering the highest quality of workmanship and innovation to the dental industry. Over 100 years later, those values are still present and are reflected in Pelton & Crane’s highly ergonomic and beautifully designed core equipment portfolio. One of the keys to success is in developing a team that is dedicated to these values and has the power to take action when a process isn’t performing optimally.

“We have developed a no-blame company culture that empowers employees to speak up if they’re encountering a process or part that isn’t optimized for achieving the product quality we demand. We gather feedback from employees across the organization to discover ways to improve efficiency and allow for the highest quality of workmanship,” said Foster. “Essentially, we’re always trying to outdo ourselves and be better,” added Zodtner.

THE RIGHT FIT

Pelton & Crane’s dedication to workmanship and innovation doesn’t stop with the design of its core equipment. These values are highly important when designing a solution for dentists. “We know that every customer is different, which is why we’re proud to provide innovative solutions across the price and feature spectrum. Our sales team works hard to understand what unique needs each

practice has and then find solutions that will fit those needs,” said Zodtner. “The Pelton & Crane territory sales managers and Patterson equipment specialists work closely together and focus on every detail of an office to provide the best solutions possible. At the end of the day, our teams really care about improving the dental team’s quality of life so that they can go home after work and do the things they love without being in pain,” added Foster.

GET STARTED TODAY

Don’t wait for those minor aches and pains to show up before taking action. Talk to your Patterson representative today to learn more about how Pelton & Crane can help you create a more ergonomic practice.

Learn more about ergonomics in dentistry at <http://ergonomics.pelton.net/>.

THE NARROW BACK ADVANTAGE™

Pelton & Crane is dedicated to creating products that afford dental professionals a more comfortable work environment. Take the Spirit 3300 Series dental chairs as an example. These chairs are not only very comfortable for patients, they’re incredibly ergonomically efficient for the dental professionals who have to work around the chair during the day. “When we design equipment, we have every member of the dental team in mind. Having a narrow back chair allows the dental team to sit

close enough to the patient to get good physical and visual access to the oral cavity without having to sacrifice posture,” said Foster.

The Spirit 3300 dental chair can reach a lower minimum height, enabling practitioners of various statures flexibility when positioning patients. Plus, the narrow back of the chair is only 11.5 inches across, providing maximum access to the oral cavity during procedures.

“Good ergonomics allows you to have an improved quality of life today and enjoy life outside of work.”

