ABSTRACT

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Dentist usually works in static and nonergonomical posture, like forward bending of the head and the neck, forward bending and lateral bending of the body, abduction arm and elevation shoulder. All of these postures could cause muscular fatigue and mechanical pain as neck pain, shoulder pain or low back pain. The most common cause of mechanical pain is postural stress of spine, therefore it leads muscular tension and over stretching ligaments and soft tissues around the joint. To prevent and solve these problems, dentist has to correct the body’s posture from the static and nonergonomically posture by relaxing or stretching the back and shoulder. It could relief strains on the discs which its bulging would press nn.spinalis as source of pain.

Keywords: non ergonomically posture, muscular fatigue, mechanical pain