

Posture — Poor vs. Preferred

There are very significant correlations between Dr. Patkin's recommendations and the findings of the earlier referenced University of British Columbia Survey. Figures three through ten illustrate some of the work habits found by the UBC to be associated with higher risk of musculoskeletal pain in dentists, and Patkin's suggestions to avoid similar problems.

Patkin recommends keeping the spinal column straight, but only 9 percent of the UBC respondents said they never tip their shoulders to the side. Only 16 percent of the dentists responding to the Canadian survey said they avoid rotation of their torsos.



Figure 3 Tipped shoulders and torso resulting in stressful positioning.



Figure 4 Spinal column is straight for relaxed positioning.



Figure 5 Rotated torso resulting in stressful positioning.



Figure 6 Torso aligned resulting in relaxed positioning.