





# REGISTRATION FORM

**4** Easy Ways to Register

Neck, Back, and Beyond — HPR881

-  1. Mail completed form with check or money order payable to USI Extended Services, 8600 University Boulevard, Evansville, Indiana 47712-3567.
-  2. Using VISA, MasterCard, or Discover, call Extended Services at 812/464-1989 or 800/467-8600.
-  3. Using VISA, MasterCard, or Discover, fax to 812/465-7061.
-  4. Register online at health.usi.edu, or send an email to extserv@usi.edu.

Name \_\_\_\_\_  
(First) (Middle) (Last)

Dental Hygienist    Dentist    Dental Assistant

Other \_\_\_\_\_

Home Address

\_\_\_\_\_  
(City) (State) (Zip)

Office Address

\_\_\_\_\_  
(City) (State) (Zip)

Telephone (Home) \_\_\_\_\_

(Office) \_\_\_\_\_

Email \_\_\_\_\_

Do you have any special requirements of which we should be aware?  
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Card # \_\_\_\_\_

Name on Card \_\_\_\_\_

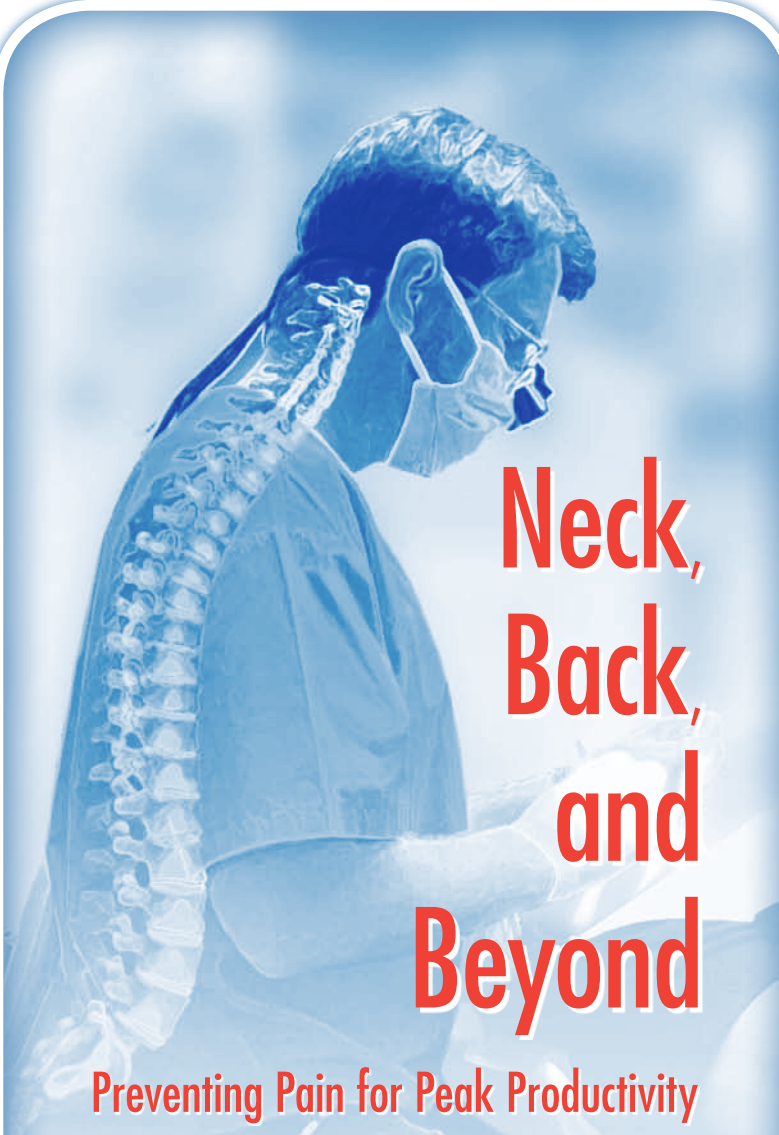
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**Extended Services**  
**College of Nursing and Health Professions**  
8600 University Boulevard  
Evansville, Indiana 47712




# Neck, Back, and Beyond

## Preventing Pain for Peak Productivity

Saturday, September 26, 2009  
9 a.m. to 4 p.m.  
Registration 8:30 a.m.

University of Southern Indiana  
Wright Administration Building  
Forum 1

Sponsored by  
Dental Hygiene Program  
College of Nursing and Health Professions  
Continuing Education



# COURSE INFORMATION

This course is recommended for:

- **Dentists**
- **Hygienists**
- **Assistants**

## Course Description

A staggering 70 percent of dental professionals experience work-related pain that can affect quality of life, productivity, or career longevity.

This ground-breaking seminar for **dentists, hygienists, and assistants** bridges the gap between dental ergonomics and work-related pain so you can work more comfortably, productively, and with less fatigue. Delivered with high energy and humor, you'll discover how dentistry, equipment selection, exercise, golf, stress, and other factors are affecting your physical health. Learn how to implement powerful research-based strategies, both in the operatory and at home, to reduce work-related pain, prevent injury, and increase career longevity. A *must* for team members purchasing new ergonomic equipment!

## Course Objectives

At the conclusion of the program, participants will be able to:

- Apply appropriate interventions for chronic back, neck, shoulder, hand, or wrist pain
- Make basic ergonomic modifications to existing operatories with minimal expense
- Identify the criteria for selecting and adjusting operator stool, patient chair, delivery systems, and magnification
- Correct damaging postures and positions *before* they cause pain
- Implement chair-side stretching to prevent muscle imbalances
- Identify the five pain syndromes that can mimic carpal tunnel syndrome
- Determine which exercises can either benefit or worsen a dental professional's health
- Self-manage painful trigger points



## Speaker

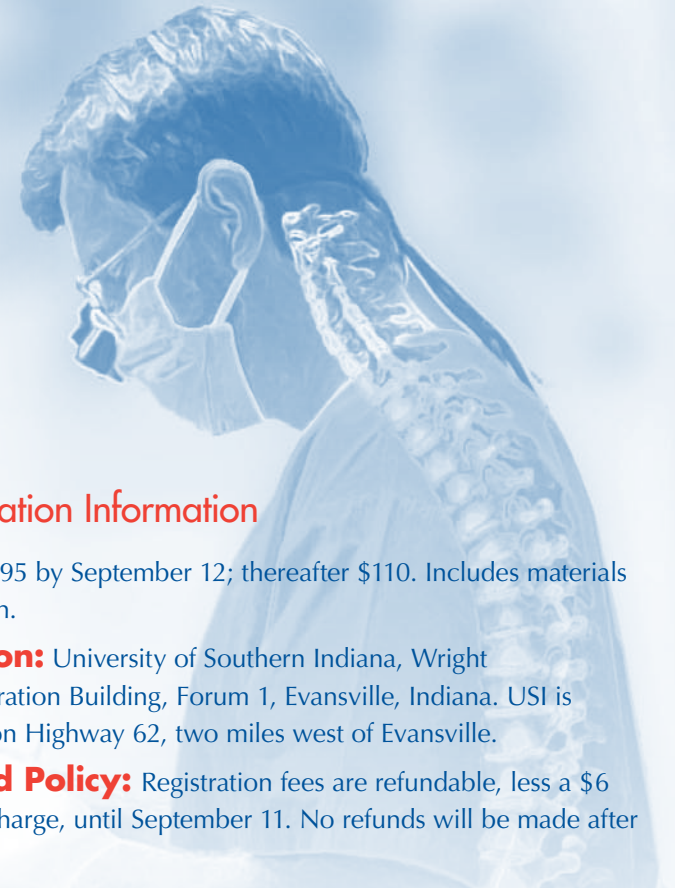
**Bethany Valachi, PT, MS, CEAS** is a physical therapist, dental ergonomic consultant, and author of the new book *Practice Dentistry Pain-Free: Evidence-Based Strategies to Prevent Pain and Extend Your Career*. She is CEO of Posturedontics®, a company that provides research-based dental ergonomic education, and lectures internationally for dental meetings, study clubs, and associations. Bethany is clinical instructor of ergonomics at OHSU School of Dentistry in Portland, Oregon, and has provided expertise on dental ergonomics to faculty and students at numerous dental universities. Bethany has been widely published in various peer-reviewed dental journals and has developed chair-side stretching and home exercise videos specifically for dental professionals. She offers free articles and product reviews on her Web site at [www.posturedontics.com](http://www.posturedontics.com)

## Course Schedule

Registration . . . . .	8:30–9 a.m.
Morning Session . . . . .	9 a.m.–Noon
Lunch . . . . .	Noon–1 p.m.
Afternoon Session . . . . .	1–4 p.m.

## Continuing Education Credit

6 contact hours for dental professionals. Approved by the Kentucky Board of Dentistry for 6 contact hours (Category C; Approval Number: 3115). Approved by DANB for 6 contact hours (Category 3); Approval Code: 14200-0034-05-09). The University of Southern Indiana is an approved provider for CE credits by the Indiana Health Professions Bureau and the Illinois Board of Dentistry.



## Registration Information

**Cost:** \$95 by September 12; thereafter \$110. Includes materials and lunch.

**Location:** University of Southern Indiana, Wright Administration Building, Forum 1, Evansville, Indiana. USI is located on Highway 62, two miles west of Evansville.

**Refund Policy:** Registration fees are refundable, less a \$6 service charge, until September 11. No refunds will be made after that date.

## Program Sponsors



# NECK, BACK, AND BEYOND – PREVENTING PAIN FOR PEAK PRODUCTIVITY