

Musculoskeletal Disorders due to Poor Ergonomic Practice in Dentistry

Sir,

Dental professionals are more prone to musculoskeletal disorders (MSDs) due to poor ergonomic practice.^[1] Among dental specialties, it has been found that prosthodontists, followed by oral surgeons, endodontists and periodontists, have a higher prevalence of MSD.^[2] Previously, the prevalence of MSDs for different parts of the body has been documented as 75.9% for neck, 58.6% for shoulders, 56.9% for upper back, 48.3% for lower back and 44.8% for wrist.^[3] Despite dental professionals being aware of the correct ergonomic posture, they are unable to practice the same because of the physical workload.^[4] Complementary and alternative medicine superadded with rest, and exercises could be considered for the management of MSD.^[5]

In addition to dental professionals, oral pathologists have also been found to suffer from various MSDs such as chronic pain syndrome, including shoulder, neck and back aches, and fatigue due to prolonged use of the conventional microscope.^[6] Therefore, to prevent MSD due to poor ergonomic practice, oral pathologists should follow laboratory safety precautions advised by the Occupational Safety and Health Administration.^[6]

It should be noted that dental professionals working in government and private sectors receive no training in healthy ergonomic practices, and the practicing dental professionals should be given effective training on healthy ergonomics to deliver quality treatment and to improve productivity.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

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Access this article online

Quick Response Code:	Website:
	www.sjmms.net
	DOI:
	10.4103/1658-631X.204863

How to cite this article: Shamim T. Musculoskeletal disorders due to poor ergonomic practice in dentistry. *Saudi J Med Med Sci* 2017;5:192.