Episode 6

Chiropractic benefits in relation to maintaining our bodies while practicing Dental Hygiene

* Around 63 to 94 percent of dental professionals are affected by Musculoskeletal Disorders
* Of course, initial positioning and ergonomics are the basis of longevity in hygiene
* Implementing a preventive plan for physical health is essential to a long and fulfilling career in dental hygiene. Chiropractors not only identify risky behaviors but also [develop strategies for neutral positioning](http://riveroflifetc.com/services/techniques/chiropractic/), proper joint alignment, and muscle balance.
* Signs you need to go to the chiropractor
	+ - * + You have a limited range of motion. ...
				+ You suffer from frequent headaches. ...
				+ You experience chronic pain in your joints or muscles. ...
				+ You have numbness and tingling in your arms or legs. ...
				+ You have a sedentary job…
* Just as we recommend patients come in for regular preventive dental cleanings chiropractors recommend adjustments regularly to help maintain the health of your joints and muscles
* Adjustment intervals can range anywhere from weekly, every other week, or even monthly adjustments as recommended by your chiropractor based on your lifestyle, work, and the needs of your body.
* It is important to note that chiropractic adjustments alone are not a strong preventive measure against MSDs for a dental hygienist, just as a prophylaxis is not a complete treatment when no other daily preventive measures are in place, like brushing and flossing. Dental hygienists and other dental professionals must implement good ergonomic practices, adequate nutrition, sufficient sleep and exercise on a daily basis to make the most substantial and long-lasting impact on the development and progression of MSDs.1

References: <https://www.dentistryiq.com/dental-hygiene/ergonomics/article/14033726/chiropractic-care-for-dental-hygienists>

<https://www.chiroeco.com/chiropractic-for-dentists/>

<https://www.riveroflifetc.com/chiropractic-care-for-dental-hygienists/>