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### ABSTRACT

Musculoskeletal disorders are frequently seen in dental professionals. Common risk factors that contribute to work-related pain and injuries in dentistry include poor posture or awkward positioning, increased grip force, contact stress, vibration, and repetitive movements. Yoga practices can help dental professionals combat pain and reduce the risk of injury. The nature of this work is not just physically demanding, but mentally challenging as well. In addition to pain, dental professionals also face an alarming prevalence of stress and burnout. This course will also describe how yoga can be used to support energy and focus to reduce stress.

### EDUCATIONAL OBJECTIVES

Upon completion of this course, the dental professional should be able to:

1. Describe the leading risk factors for musculoskeletal disorders that commonly affect dental professionals
2. Reduce pain and risk of injury through the use of therapeutic yoga
3. Employ yogic practices to help improve focus, prevent burnout, and reduce stress



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# Yoga therapy: How to avoid burnout of the mind and body

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The prevalence of work-related pain and injuries among dental professionals is surprisingly high. Various reports over recent years show that 80-96% of dental professionals experience pain and musculoskeletal disorders (MSDs) throughout their careers and that one in every four dentists retires early due to disability from pain and work-related injuries.<sup>1-5</sup> While we know many dental professionals consistently battle chronic and acute work-related pain and injuries, the question remains: How can

clinicians combat this major issue?

The nature of this work is not just physically demanding, but mentally challenging as well. In addition to pain, dental professionals also face an alarming prevalence of stress and burnout. According to a recent survey conducted by the American Dental Association, a staggering 80% of dental professionals reported experiencing high levels of stress in their daily practice.<sup>6</sup>

This heightened stress can impact clinicians' ability to maintain

focus and their energy throughout long and demanding workdays, and it also takes a toll on their overall well-being. Stress and burnout can affect concentration and vitality, potentially compromising the quality of patient care and job satisfaction and fulfillment. Dental professionals need tools and resources that combat pain, alleviate stress, and enhance focus in order to support a long-lasting career in dentistry. The practice of yoga therapy can be utilized by dental practitioners for pain and stress prevention or management.<sup>7,8</sup>

Styles of yoga vary greatly. This course will look exclusively at yoga in a therapeutic form. Yoga therapy utilizes the many facets of yoga to support a specific issue, condition, or group of individuals. It has been proven to reduce back pain, improve strength and stability, increase body awareness, improve self-efficacy, and support the prevention and recovery of chronic pain and injuries.<sup>9-16</sup> Additionally, this ancient practice is an effective alternative treatment for many conditions such as autoimmune disorders, stress and anxiety, hormonal concerns, and more.<sup>17,18</sup> Because of this, dental professionals should consider yoga to reduce pain and stress while improving focus and overall well-being.

### **Yoga for managing pain in dentistry**

While the occurrences of MSDs (also known as cumulative trauma disorders and work-related musculoskeletal disorders) are extremely high in dentistry, they are also common outside of dentistry. Studies show that 51% of the general population experience musculoskeletal disorders, with 27% of MSDs work related.<sup>19</sup> According to the Centers for Disease Control and Prevention, MSDs are the leading cause of disability during working years.<sup>20</sup> In 2009, the Social Security

Office of Retirement and Disability showed that 27% of all disability claims filed in the United States were caused by disorders affecting the musculoskeletal system.<sup>21</sup> The high number of dental disability claims from MSDs can likely be attributed to the increase in sitting and the use of electronic devices.

MSDs affect the muscles, bones, ligaments, tendons, joints, fascia, and nerves. They directly affect the way the body moves and functions. Carpal tunnel syndrome, rotator cuff disorders, tendinitis, and sciatica are all common MSDs that affect dental professionals. According to OSHA, several risk factors contribute to work-related pain and injuries among all workers, nearly all of which directly affect dental professionals. These include poor posture or awkward positioning, increased grip force, contact stress, vibration, and repetition.<sup>19,22</sup> The literature shows that when we experience greater levels of exposure to one or more than one of these risk factors at a time, the risk of injury increases significantly.<sup>23</sup>

Because of the daunting statistics and risk factors facing dental professionals, many clinicians assume that work-related pain is inevitable, but is that true? No, in fact, many things can be done in and out of the operatory to combat pain and injury. Dental professionals commonly look to ergonomics to decrease the risk of injury. Learning and implementing new ergonomic practices (addressing posture, patient and practitioner positioning, and workplace set-up) in addition to utilizing ergonomic tools (well-fitted saddle stools, ergonomic loupes, cordless handpieces, etc.) can all drastically reduce the clinician's risk of injury.<sup>24</sup>

Yoga therapy is another way to combat the effects of sitting, improve posture and ergonomics, and reduce back pain and injuries. Although

many people perceive yoga simply as a physical exercise or fitness-based practice, it is an ancient practice that dates back thousands of years. The benefits of yoga go far beyond the physical poses seen on social media and the covers of magazines. The practice of yoga includes breath awareness and practices, meditation, deep relaxation and restoration, self-reflection, as well as physical poses or postures. Intentionally weaving in each of these elements of a yoga practice can contribute to a healthier state of being. Therefore, incorporating a regular therapeutic yoga practice that's designed specifically for dental professionals could reduce the risk of injury and pain, in turn allowing more clinicians to enjoy a long-lasting, healthy career in dentistry.<sup>7,8,25</sup>

### **Yoga for sitting**

Just as dental professionals educate their patients on how their oral health affects their overall health and vice versa, dental professionals must understand how their work affects their overall health and vice versa. When one area or system of the body is affected, it creates a ripple effect throughout the body. Let's look at this as it relates to the health of dental practitioners.

Most clinicians spend the majority of their day sitting. Many researchers refer to sitting as "the new smoking."<sup>26</sup> Studies show an enormous amount of adverse effects from sitting for extended periods, especially in awkward positions. All of this sitting affects us physically, mentally, and physiologically.<sup>26-28</sup>

Even with the best posture, the human body isn't designed to sit for extended periods. When the body is in a suboptimal position when seated, it must work harder to find and maintain balance. Because of this, certain muscles of the body overwork, while others are underutilized. If this isn't

addressed regularly, an imbalance in the body is created. These imbalances, over time, require the body to overcompensate and can lead to injuries. The body requires certain movements to maintain balance from sitting and sustain proper alignment—this is where yoga comes in. Yoga helps reduce tension, build strength, improve circulation, rebalance the body, and, as a result, it reduces the negative effects of sitting.

Yoga therapy can focus on reducing tension throughout the muscles and soft tissues in the body that are chronically engaged and overworking throughout the day. Different yoga stretches help improve flexibility and mobility, circulation, and a healthy musculoskeletal system. Because proper circulation and blood flow are imperative for the body to heal, practicing yoga also supports the body's healing process.<sup>9-16</sup>

Additionally, yoga has been shown to build strength and stability in the body. Finding and maintaining a balance between mobility and stability in the body allows for proper posture and healthier movement. By incorporating yoga into regular routines, many adverse effects from sitting could be combatted, and proper posture, alignment, and ergonomics may be achieved.

### **Yoga for back pain**

Because of the busy nature of dentistry, dental professionals may not always practice ideal ergonomics. One example of this is a clinician practicing from an 8 o'clock position. In this position, the clinician must twist their torso to the right and cannot maintain a neutral posture. This simple ergonomic mistake can lead to an imbalance in the body, lower back pain, and the development of an MSD.<sup>20</sup> In this case, the practitioner could spend more time twisting in the opposite direction throughout

the day or during a yoga practice to bring the body back into balance.

There are many other examples where yoga can support dental professionals in bringing the body back into balance. Since many practitioners look down while treating patients, they force their necks into flexion. Over time, this can cause a host of issues throughout the muscles of the neck, shoulders, and beyond. Practitioners can incorporate different yoga stretches that release tension from the muscles of the neck, chest, and shoulders, and exercises that build strength in the upper back to support better alignment of the spine. Another example is rounding the spine and the shoulders, which is seen often in dentistry. Those who tend to round their shoulders forward can look for yoga stretches that release tension across the front of the chest and neck and support a neutral posture.

One study looked at the impact of exercise on musculoskeletal disorders among dentists. The yoga group was found to show a significant reduction in pain levels compared to the control group, and yoga was found to be more effective than other modes of physical activity at relieving pain.<sup>29</sup>

Self-awareness is an important yet often overlooked aspect of yoga practice that can support dental professionals. While this isn't the main focus of yoga, increasing body awareness while practicing yoga can improve awareness of the body generally over time.<sup>30</sup> This is important for clinicians because an increase in body awareness on the yoga mat can deepen awareness of the body throughout work and everyday life. Increasing awareness of the body could help dental practitioners become more aware of the body's posture and positioning, as well as the body's subtle signs and signals. With more awareness of signals sent

from the body (i.e., discomfort or pain), one can correct and address smaller problems before they become larger issues.

In the world of dentistry, where improper ergonomics often contribute to the prevalence of back pain among professionals, yoga proves to be a powerful tool in prevention and management. By addressing different ergonomic issues with yoga, dental professionals can realign their bodies and mitigate the risk of an MSD.<sup>29,31</sup> Beyond the physical benefits of yoga, the cultivation of self-awareness through yoga creates sensitivity to the body's signals, empowering clinicians to address discomfort before it escalates. By embracing yoga as a holistic approach, dental professionals build resilience against back pain and foster a foundation for sustainable well-being.

### **Yoga for hand pain and grip**

Another big issue that can be addressed through yoga therapy is grip force. An increased or overactive grip among clinicians is a primary risk factor that can lead to pain.<sup>20</sup> Whether clinicians hold their instruments too tightly because of habit, using dull instruments, or stress, an overactive grip builds tension throughout the hand, wrist, and forearm. This could be resolved with yoga by releasing muscle tension, improving circulation and blood flow, and building strength in the surrounding area.

One study in particular focused on yoga for carpal tunnel syndrome. Eleven postures were designed to strengthen, stretch, and balance each joint in the upper body. Those participating in the yoga-based intervention noted significant improvements in grip strength, pain reduction, and other symptoms and signs associated with carpal tunnel syndrome compared to the control group.<sup>32</sup> While

this study is older, many other studies show yoga's ability to reduce pain associated with arthritis, osteoarthritis, and hand pain.<sup>33-36</sup> Additionally, one study shows self-stretching as beneficial for carpal tunnel syndrome.<sup>37</sup>

The stakes are high in dentistry because our hands are our greatest asset, so it is worth the effort to stretch and strengthen them consistently. Using a neutral wrist position and a light grip goes a long way. If prior habits have been less than ideal, our bodies have the innate capacity to heal. We observe such healing every day with our patients.



Cat/cow can be practiced in a chair, standing, or in a seated position. This pose helps reduce tension throughout the spine, increase circulation, and reduce the risk of back pain.

### Yoga to manage stress in dentistry

Dentistry not only presents physical challenges; it also takes a toll on the mental and emotional well-being of many practitioners.<sup>38-42</sup> Dental professionals are often faced with high-pressure and demanding environments. Time and scheduling issues,

demanding patients, and interpersonal conflicts combined with high levels of focus and concentration are some of the common stressors among dental professionals. Chronic work-related stress that dental professionals face is connected with anxiety, depression, fatigue, musculoskeletal complaints, sleep issues, memory problems, and burnout—negatively impacting clinicians' focus and overall well-being.<sup>42</sup>

A study published in the *Journal of Dental Hygiene* showed that 30% of dental hygienists experience signs of burnout, including emotional ex-

haustion and depersonalization.<sup>40</sup> According to the ADA's 2015 Dentists Well-Being Survey, 67% of dentists reported they have moderate levels of stress at work and more than one in five dentists have moderate levels of depression.<sup>42</sup>

Emotional exhaustion and burnout from chronic stress make clinicians

feel physically, mentally, and emotionally drained. This leaves them depleted, debilitated, and feeling like they can't give anymore. Stress and burnout can affect the dental practitioner as well as the patients and practice. There has been increasing interest and implementation of yoga as a way to manage stress and burnout and improve focus in the workplace.<sup>7,43</sup>

Yoga works by activating the parasympathetic nervous system, which helps to calm the body and reduce stress levels. Studies have shown that regular yoga practice can also help improve sleep quality, boost mood, and increase feelings of well-being.<sup>12,13</sup> Most dental professionals who experience higher levels of stress and fatigue could benefit from exploring a yoga practice.

### Yoga to improve focus in dentistry

By incorporating simple yoga poses and breathing exercises into their daily routine, dental professionals can help reduce stress levels and improve their ability to concentrate on the task at hand.

One study found that yoga was an effective treatment in reducing stress among dental hygiene students.<sup>43</sup> The study participants were asked to attend a yoga class once a week for 10 weeks. The results showed that the yoga intervention led to a significant reduction in stress levels and a significant improvement in emotional, physical, and behavioral stress-related symptoms.<sup>43</sup> Another study found that yoga and breathing interventions helped reduce anxiety in dental students prior to periodontal surgery.<sup>44</sup>

One study found yoga to be a viable option for reducing musculoskeletal pain in dental hygiene students with biweekly yoga classes for 13 weeks.<sup>45</sup> One survey showed a 35% prevalence

of pain among 220 dentists, and yoga was found to be more effective for pain reduction than other kinds of exercise.<sup>29</sup> Another study that evaluated a yoga intervention among dental and dental hygiene students reported improvements in mindfulness, depressive symptoms, and burnout. According to this study, yoga may be valuable in not only the reduction of stress in dental professionals, but promising for the prevalence of musculoskeletal disorders.<sup>7</sup>

The integration of yoga emerges as a transformative strategy to improve focus in an industry where stress and burnout levels are high.

### The reality of yoga in the workplace

While attending weekly yoga classes can be extremely beneficial, it may not be feasible for all dental professionals. However, there are simple yoga poses and breathing exercises that can be easily incorporated into the dental office throughout the day.

One simple yoga pose that can be done at work is called seated cat/cow. This movement incorporates two of the five key movements for a healthy spine. To do this, sit down in a neutral posture position with a long spine, both feet on the floor, shoulders relaxed, and hands on the thighs. On the inhalation, the spine arches and the chest broadens. On the exhalation, the spine rounds, the head releases, and the shoulders relax. Repeat this movement slowly and mindfully 5-10 times.

Dental practitioners can easily incorporate a standing heart opener into their day, a simple yoga pose that helps to open the chest and release tight muscles from the neck and shoulders. Start in a standing position with the feet even on the ground, the spine long, and the shoulders relaxed. Interlace hands together behind the back. Slowly extend the

arms, pressing the hands together, lifting and opening the chest. Stay for a few breaths and then release.

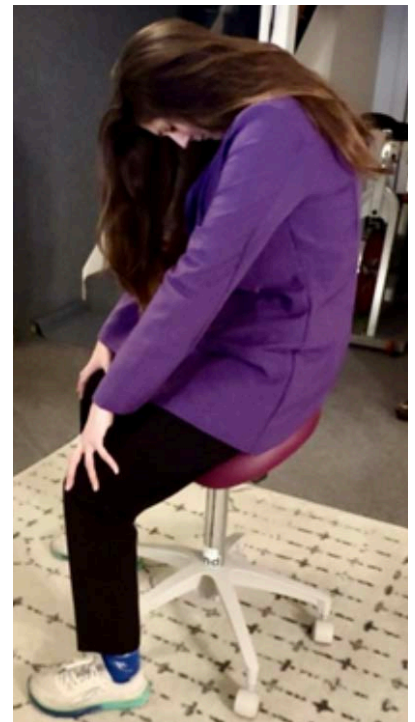
Another simple yoga pose that can be done at work is a seated forward fold. To do this, sit in a neutral posture position with a long spine and feet firmly on the ground. Inhale and lengthen the spine, and on the exhale, hinge forward from the hips, keeping the back straight. Bring hands to the thighs, knees, or down toward the feet. If comfortable, relax the head. Stay for a few breaths and then slowly come back up.

Lastly, clinicians can incorporate lateral bends to release tension along the sides of the body, helping to improve posture and lung capacity.

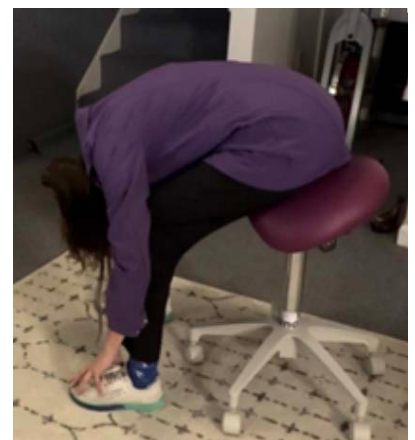


This heart-opening stretch can be done standing or sitting down. This pose helps to release tension in the chest, neck, and shoulders.

Start standing or sitting with a long spine, shoulders relaxed, and feet even on the ground. Inhale to slowly raise the right arm overhead, keeping the ribs lifted away from the hips. Exhale to lean over toward the left, lifting up through both sides of the body. Take a few long breaths then return



Cat/cow can be practiced in a chair, standing, or in a seated position. This pose helps reduce tension throughout the spine, increase circulation, and reduce the risk of back pain.



A forward fold can be practiced standing or sitting down. This pose helps to release tension throughout the spine, the back of the neck, and hips.



Lateral bends can be practiced standing or sitting down. They can help improve posture, lung capacity, and back pain.

to center and repeat on the other side.

Breathing exercises can also help reduce stress levels and improve focus. The incorporation of breathing exercises can have profound effects on the autonomic nervous system, promoting a state of calmness and balance. Studies have demonstrated that regular practice of such breathing techniques can positively impact mental clarity and overall well-being.<sup>34</sup> As dental practitioners navigate the demanding landscape of their profession, the integration of these evidence-based breathing exercises provides a tangible and accessible strategy to mitigate stress, foster mental resilience, and sustain optimal focus throughout demanding workdays.

One breathing practice clinicians can try is called box breathing. This simple but effective technique is designed to help reduce stress, improve mindfulness, and balance the



Box breathing can be practiced sitting, standing, or lying down. Box breathing can help reduce stress and support overall well-being.

nervous system. To start, find a long spine and align the head over the shoulders. Take a few deep breaths in and out through the nose or gently parted lips. Begin to inhale for a count of 4, pause at the top, holding the breath in for a count of 2. Then exhale for a count of 4 and pause at the bottom holding the breath out for 2. Repeat this a couple of rounds noticing how you feel. If this feels okay, inhale for a count of 4, pause for 4, exhale for 4, and hold for 4. If comfortable, continue for 5-10 rounds and then allow the breath to return to normal.

### Leading dentistry with holistic tools for pain

The challenges faced by dental professionals, including high rates of work-related pain, stress, and burnout, necessitate a comprehensive and proactive approach to maintaining well-being. While ergonomic practices and tools play a crucial role in reducing the risk of physical injuries, a holistic solution is required to

address both the physical and mental aspects of the profession. Yoga therapy emerges as a promising adjunct to traditional strategies, offering a multifaceted approach to combat pain, alleviate stress, and enhance focus for dental professionals.

The evidence suggests that yoga, beyond its popular image as a physical exercise, encompasses practices that go to the core of holistic well-being. By incorporating breath awareness, meditation, relaxation, self-reflection, and physical postures, dental professionals can access a powerful tool to enhance their overall health. The benefits extend beyond the prevention of work-related pain and injuries, encompassing improvements in strength, stability, and body awareness. Yoga therapy not only complements ergonomic interventions but also serves as a proactive means to mitigate the adverse effects of extended periods of sitting, a common occupational hazard in dentistry.

Moreover, the mental health benefits of yoga are increasingly recognized as vital in an industry where chronic stress, anxiety, and burnout are prevalent. Yoga's ability to activate the parasympathetic nervous system and manage stress levels can contribute significantly to the mental well-being of dental professionals. Studies have demonstrated that regular yoga practice can reduce stress, improve sleep quality, boost mood, and increase overall feelings of well-being.<sup>44</sup> As stress management is crucial for maintaining focus and preventing burnout, the integration of yoga into the daily routine of dental professionals offers a practical and accessible solution.

### Conclusion

In the demanding field of dentistry, where the risk of physical and mental strain is prevalent, yoga therapy

provides a valuable and holistic approach to support the well-being of dental professionals. By fostering self-awareness, promoting physical health, and managing stress, yoga emerges as a sustainable tool to not only combat pain and stress but also to enhance focus and satisfaction in the dental profession. As the industry evolves, embracing a holistic perspective that includes yoga therapy may prove instrumental in promoting the longevity and fulfillment of dental professionals in their careers.

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## QUESTIONS

QUICK ACCESS CODE 22345

**ONLINE COMPLETION:** Use this page to review questions and answers. Visit [dentalacademyofce.com](http://dentalacademyofce.com) and sign in. If you have not previously purchased the course, select it from the Course Library and complete your online purchase. Once purchased, click the "Start Course" button on the course page. You will have an opportunity to review an online version of the article. When finished, click the "Next" button to advance to the quiz. Click "Start Quiz," complete all the program questions, and submit your answers. An immediate grade report will be provided. Upon receiving a grade of 70% or higher, your verification form will be provided immediately for viewing and printing. Verification forms can be viewed and printed at any time in the future by visiting the site and returning to your Dashboard page.

- What percentage of dental professionals experience pain and musculoskeletal disorders throughout their careers?
  - 50%
  - 80%
  - 96%
  - 75%
- How many dentists retire early due to disability from pain and work-related injuries?
  - One in 10
  - One in four
  - One in five
  - One in eight
- What benefits does yoga provide for mental and physical health?
  - Increases stress levels
  - Reduces sleep quality
  - Boosts mood and overall well-being
  - Worsens anxiety and depression
- How does stress impact dental professionals' ability to maintain focus and energy during workdays?
  - Enhances concentration
  - Improves overall vitality
  - Compromises concentration and vitality
  - Has no impact
- How can yoga therapy be utilized for dental professionals?
  - General well-being
  - Stress reduction
  - Pain management
  - All of the above
- According to the Centers for Disease Control and Prevention, what are MSDs?
  - Mental stress disorders
  - Muscular system disorders
  - Musculoskeletal disorders
  - Medical stress diagnoses
- What is the main focus of yoga therapy for dental professionals regarding sitting?
  - To discourage physical movements
  - To reduce tension and improve circulation
  - To promote slouching
  - To increase the negative effects of sitting
- What is one common risk factor contributing to work-related pain and injuries among dental professionals, as per OSHA?
  - High protein intake
  - Poor posture
  - Lack of sleep
  - Excessive caffeine consumption
- Which of the following can be recommended for reducing the risk of injury among dental professionals?
  - Regular exercise
  - Utilizing ergonomic tools
  - Practicing neutral posture
  - All of the above
- According to the Social Security Office of Retirement and Disability, what percentage of all disability claims filed in the United States in 2009 was caused by disorders affecting the musculoskeletal system?
  - 10%
  - 15%
  - 20%
  - 27%
- Which body system does yoga therapy focus on to reduce tension and improve flexibility?
  - Cardiovascular system
  - Musculoskeletal system
  - Nervous system
  - Digestive system
- One study focused on yoga for carpal tunnel syndrome, showing significant improvements in which areas?
  - Grip strength and knee pain
  - Stress reduction
  - Grip strength and pain reduction
  - Posture and stress reduction
- How can dental professionals benefit from yoga therapy in managing hand pain and grip issues?
  - By increasing grip force
  - By reinforcing overactive grip
  - By avoiding yoga
  - By releasing muscle tension and improving circulation
- What percentage of dental hygienists experienced emotional exhaustion and signs of burnout in one study?
  - 10%
  - 20%
  - 12.5%
  - 30%
- What is the connection between chronic work-related stress and dental professionals' focus and well-being?
  - Enhances focus
  - Has no impact
  - Negatively impacts focus and overall well-being
  - Improves concentration
- How can yoga reduce stress for dental professionals?
  - By altering stress hormones
  - By activating the parasympathetic nervous system
  - By promoting anxiety
  - By causing depression
- According to the American Dental Association survey, what percentage of dental professionals reported experiencing high stress levels in their daily practice?
  - 50%
  - 60%
  - 70%
  - 80%
- What aspect of yoga did the study with dental hygienists emphasize for reducing stress levels?
  - Physical postures only
  - Breath awareness and meditation
  - Self-reflection only
  - Physical strength training
- Which of the following is not a yoga pose mentioned as a beneficial practice for dental professionals who want to reduce the risk of injury?
  - Seated forward fold
  - Standing heart opener
  - Lateral bend
  - Headstand



20. How does yoga therapy reduce the risk of injury for dental professionals?

- A. By promoting slouching
- B. By discouraging physical movements
- C. By improving posture, alignment, and ergonomics
- D. By increasing the negative effects of sitting

21. What is the leading cause of disability during working years, according to the CDC?

- A. Musculoskeletal disorders
- B. Cardiovascular issues
- C. Respiratory disorders
- D. Neurological disorders

22. Which breathing exercise is recommended for dental practitioners to mitigate stress and foster mental resilience?

- A. Rapid breathing
- B. Box breathing
- C. Deep breathing
- D. Shallow breathing

23. What is the emphasis of yoga therapy in the workplace, especially for dental professionals?

- A. Breathing practices
- B. Body awareness
- C. Physical postures and stretches
- D. All of the above

24. How can dental professionals benefit from incorporating lateral bends into their routine?

- A. Reduce tension along the sides of the body
- B. Improve posture and lung capacity
- C. Increase the risk of injury
- D. Both A and B

25. What is the significance of seated cat/cow pose?

- A. Improves cardiovascular health
- B. Strengthens grip force
- C. Contributes to a healthy spine
- D. Has no impact on overall well-being

26. What is the purpose of incorporating heart openers into the routine of dental professionals?

- A. To promote slouching
- B. To decrease blood circulation
- C. To release tension in the lower back
- D. To open the chest and release tight muscles

27. Which aspect of yoga is highlighted as a transformative strategy to improve focus in dentistry?

- A. Physical postures only
- B. Breath awareness and meditation
- C. Self-reflection only
- D. Physical strength training

28. How does yoga therapy contribute to maintaining the overall well-being of dental professionals?

- A. By increasing stress levels
- B. By decreasing focus and satisfaction
- C. By fostering self-awareness, physical health, and stress management
- D. By promoting burnout and fatigue

29. What style of yoga would be most beneficial for dental professionals with injuries?

- A. Strength training
- B. Yoga therapy
- C. Ariel yoga
- D. Laughter yoga

30. Which of the following is not a common MSD among dental professionals?

- A. Rotator cuff injuries
- B. Sciatica
- C. Carpal tunnel syndrome
- D. Knee pain

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## Yoga therapy: How to avoid burnout of the mind and body

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### EDUCATIONAL OBJECTIVES

- Describe the leading risk factors for musculoskeletal disorders that commonly affect dental professionals
- Reduce pain and risk of injury through the use of therapeutic yoga
- Employ yogic practices to help improve focus, prevent burnout, and reduce stress

### COURSE EVALUATION

- Were the individual course objectives met?  
Objective #1: Yes No      Objective #3: Yes No  
Objective #2: Yes No      Objective #4: Yes No

Please evaluate this course by responding to the following statements, using a scale of Excellent = 5 to Poor = 0.

- |  |     |    |   |   |   |   |
|--|-----|----|---|---|---|---|
| 2. To what extent were the course objectives accomplished overall?       | 5   | 4  | 3 | 2 | 1 | 0 |
| 3. Please rate your personal mastery of the course objectives.           | 5   | 4  | 3 | 2 | 1 | 0 |
| 4. How would you rate the objectives and educational methods?            | 5   | 4  | 3 | 2 | 1 | 0 |
| 5. How do you rate the author's grasp of the topic?                      | 5   | 4  | 3 | 2 | 1 | 0 |
| 6. Please rate the author's effectiveness.                               | 5   | 4  | 3 | 2 | 1 | 0 |
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| 9. Please rate the usefulness of the references.                         | 5   | 4  | 3 | 2 | 1 | 0 |
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| 11. Would you take a similar course on a different topic?                | Yes | No |   |   |   |   |

12. If any of the continuing education questions were unclear or ambiguous, please list them.

\_\_\_\_\_

13. Was there any subject matter you found confusing? Please describe.

\_\_\_\_\_

14. How long did it take you to complete this course?

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