

Extracts and adaptations

Prevention of MSD's in Dental Clinics 2009

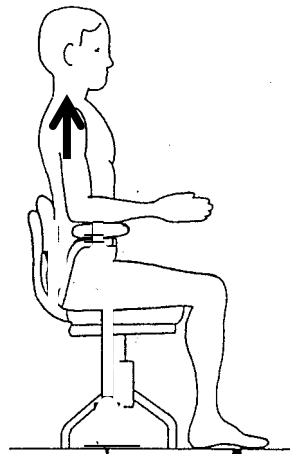
EXTRACTS FROM GUIDE – WAYS TO FACILITATE ADAPTATION TO FREE-MOTION ELBOW SUPPORTS (page 63)

Adjusting the height and tension of the *free-motion elbow supports*

The adjustment of the height of the free-motion elbow supports is very important for comfort and ergonomic benefits from them. At first, it may be easier to get somebody else to adjust it for you.

1. Arms along the body, raised the shoulders.

2. Adjust the height of the elbow supports to the tip of the elbows.



3. Move the elbows forwards.

4. Shoulders are relaxed and arms are supported.



The tension of the pivoting mechanism is adjusted to produces freedom of movement. The desired level of tension is the one which allows the elbow supports to follow easily the movement of the hygienist's or dentist's arm, but stay in place when they raise their arms.

Adapting to *free-motion elbow supports*

Depending on current working methods, equipment and environments, getting used to *free-motion elbow supports* can be somewhat difficult. The following chart outlines some problems and possible solutions.

Table 11 Adapting to <i>free-motion elbow supports</i>	
Problem	Solution
Overcrowding	Make sure there is enough room. If necessary, move the patient's chair away from the back counter to clear some space.
Feeling trapped	Start with the left or the non-dominant arm.
Not easy to get used to at first	At first, alternate their use. It takes about two weeks to get used to the elbow supports.
With the right arm, the support is hard to use in the 8:00 or 9:00 position	Easier to use in the 10:00, 11:00 and 12:00 positions.
May result in a sharper wrist angle	Don't try to use the supports at all times.
Optimal height adjustment of the supports is hard to do alone	Ask for help and adjust them as low as possible (relax the shoulder).