



Solving Patient Discomfort & Dental Operation Pain with Crescent Products

Comfort Patients Remember. Ergonomic Design You'll Value.

There are two major, career-long issues that dental operators, surgeons and hygienists face:

1. Persistent musculoskeletal pain
2. Patient anxiety and discomfort

Despite these issues being so inherently different — the first directly affects operators while the second directly affects patients — the two are inextricably linked. Poor patient positioning initially results in patient discomfort and anxiety. It also inevitably leads to dental operators adopting poor posture in order to gain optimal access to treatment areas. This poor posture is the greatest contributor to musculoskeletal issues.

The Most Common Forms of Musculoskeletal Pain in Dental Operators

Anywhere from **60-90%** of dental operators have experienced at least one source of musculoskeletal pain.^{1,2,3} Up to 10% of dentists will become disabled due to these issues.⁴ Musculoskeletal issues can manifest in many forms:

- Severe neck pain¹
- Back stiffness and pain¹
- Hand/wrist pain, up to and including Carpal tunnel syndrome²
- Shoulder pain⁵



Prolonged Musculoskeletal Issues Can Lead To:

- Decreased career longevity
- Inability to treat more patients more frequently
- Increased pain and discomfort
- Absenteeism and medical leaves
- Seeking medical treatment and pharmaceutical remedies
- Possible disability

Causes of Poor Posture in Dental Operators

When patients are improperly positioned, operators rely too heavily on awkward and prolonged static postures, repetitive movements and inefficient practices. This is because patients are not in an optimal position for an operator to have sustained visibility and access to treatment areas. Operators must then make up the difference by positioning themselves in such a way that puts too much strain on their bodies.

When treating maxillary teeth in the dental upper arch, for example, the orientation of the occlusal plane can make or break the posture of dental operators. **To preserve their best working posture when treating the upper arch, operators must be able to position the occlusal plane of the upper arch 20-25 degrees behind the vertical.** One of the biggest problems facing dental professionals is getting the patient to tolerate this position when treating the upper arch. Most double articulating headrests cut into the occiput, making positioning uncomfortable, so the dental professional positions the patient more forward and sacrifice their posture. The more the occlusal plane of the upper arch gets in front of the vertical plane, the more it pulls the operator into a forward, hunched posture. This hunched posture is often combined with unhealthy head rotation. These directly lead to weakness and pain in back muscles as well as the thoracic (T1-T12) and lumbar (L1-L5) segments. They can also cause pain and weakness in neck muscles — particularly those of the deep cervical flexor that control fine movements of the head — and the cervical (C1-C7) segments of the neck.

Examples of Poor Operator Positioning

The rate of improper and inadequate positioning of dental operator during treatment can reach dangerously high levels, with operators having:⁶

- Improper head rotation (73% of cases)
- Improper spine rotation (48% of cases)
- Legs angled at less than 90° (91% of cases)

Crescent Products' Ergonomic Solution to Patient Discomfort and Dental Operator Pain

Dental ergonomics expert, Bethany Valachi, PT, MS, CEAS, realized that **most dental professionals do not position their patients correctly using double articulating headrests**, usually due to fear of their patient's discomfort. This led her to co-develop Crescent's Low Profile Headrest, which patients find extremely comfortable because it enables them to tolerate very extended positions while operators are treating the upper dental arch. This directly translates to better posture and comfort for the operator.

Crescent's line of dental headrests simultaneously promote patient comfort and healthy operator ergonomics. The ergonomic solution lies in getting the occlusal plane of the upper dental arch behind the vertical, but the average double articulating headrests don't allow for a patient's head to be comfortably positioned in this manner during treatment.

Crescent headrest pillows act as an extension to double articulating headrests, allowing operators to further extend the heads of patients backwards without creating additional discomfort. When patients are positioned correctly, operators are free to treat both maxillary and mandibular teeth with proper visualization and posture.

Using Crescent Products Promotes:

- Optimal patient positioning for treatment
- Ergonomic operator posture
- Increased career longevity
- Improved patient comfort
- Reduced in patient anxiety

The balance between patient comfort, proper treatment positioning and operator posture has finally been achieved. Working in tandem with double articulating headrests, **Crescent Products help reposition patients, greatly mitigating the musculoskeletal issues in dental operators** and creating a treatment environment where patients are comfortable, relaxed and happy.



Patients and Dentist Love Crescent Products

“I Love the crescent pillow!!! I have literally not had one complaint. I see mostly elderly patients and they all love it!!” - Tiffany R.

“The perfect compliment to the double-articulating headrest. We have double articulating headrests on our chairs, but especially for elderly patients there are times when we need extra support for the neck. The “Crescent Products” low profile headrest cover is hygienic and has proved to be the perfect solution.” - Kerry B

“Just the right size. The low profile head rests were just the right size to maintain patient head position and keep them comfortable during long procedures. My patients have said they preferred this size head rest because it doesn’t push their head too far forward.” - Harold R.

“Patients notice. My patients comment on how comfortable my dental chair is (it’s old) now that I have the new head rest. Helps keep people’s chins up too. Would recommend.” - Sarah M.

“We use these in every preparatory. Our patients rave about them. They even ask if they can purchase them. We now have the knee bolster now. The angle of the chin is so important for proper instrumentation.” - Karen Lawson, RDH.

About Crescent Products

Crescent Products is a leader in dental chair accessories. From Headrests to full Bodyrest Systems, we create ergonomic dental chair products that help dentists provide comfort and care to patients of all ages and body types.

We began making our first Bodyrest System in 1997. To this day, we are still the only manufacturer of full dental chair Bodyrest Systems that cushion and support patients even during long procedures. All our products are manufactured in the United States and are available at our website, **CrescentProducts.com** and other online retailers.



Sources:

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