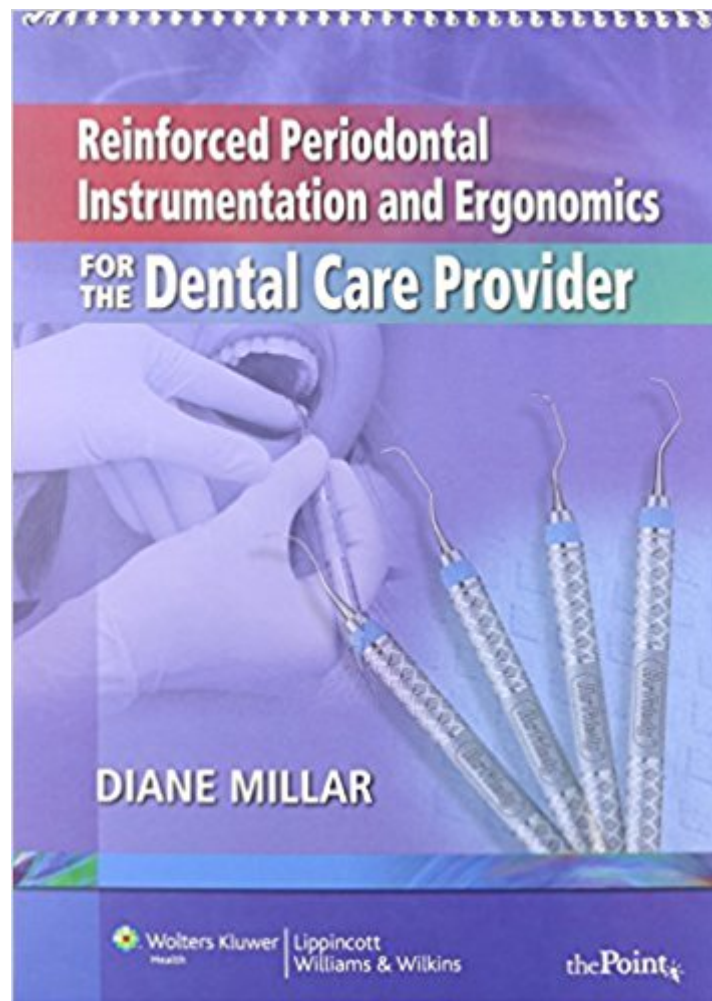


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# Reinforced Periodontal Instrumentation And Ergonomics For The Dental Care Provider



## Synopsis

This flip-chart book contains full-color photographs and step-by-step instructions demonstrating new, more efficient and ergonomic techniques for scaling teeth. These reinforced instrumentation techniques utilize both hands while scaling to apply more lateral pressure to the blade and increase control. Reinforced instrumentation techniques for each area of the mouth are shown. Each page presents photos comparing the ideal reinforcement technique with the conventional technique, shows how to implement protective ergonomic hand, wrist, arm, and sitting/standing positions, and demonstrates the use of magnification to see the working area clearly. The book also includes tips on stretching to help prevent cumulative trauma disorders.

## Book Information

Poster: 48 pages

Publisher: LWW; 1st edition (April 18, 2007)

Language: English

ISBN-10: 0781799449

ISBN-13: 978-0781799447

Product Dimensions: 8.3 x 0.3 x 12.3 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (15 customer reviews)

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## Customer Reviews

This book will take your instrumentation to the next level. If you are looking to scale all areas of the mouth in a much more ergonomic and efficient matter, then buy this book. Tired of used indirect vision or not applying enough lateral pressure on certain teeth? This book will show you how to do so.

I am currently a dental hygiene student and had been struggling with scaling. Once I learned these reinforced techniques, EVERYTHING changed for me. My hands are steady and my strokes are controlled. My ability to remove calculus has so greatly improved as well as my confidence. I attribute this entirely to learning these advanced techniques. This book will be the greatest help for dental hygiene students as well as experienced clinicians. I want to thank the author a million times

over for what she has done for me!

This Book Helped Me Pass My Clinical Board Exam!!! This book was published in 2007, but has such valuable instrumentation techniques. It suggests where to sit and how to fulcrum so that you get the most out of your instrument adaptation and lateral pressure. It includes reinforced instrumentation techniques for extra lateral pressure. My dental hygiene texts did not teach me nearly as much as I've learned from this book. I now have the confidence I need to perform hand instrumentation because of this book. It will be especially great for somebody who is struggling with hand instrumentation.

If you are looking for an answer to career longevity in dental hygiene, look no further! Whether you are a student or a seasoned professional, Diane Millar has provided sound rationale for daily use of intelligent strategies to combat common musculoskeletal health issues which often result in career ending injuries. I personally utilized this book as a required text for students in DH Theory and Practice III & IV. The entire text provides the perfect guide for addressing advanced periodontal instrumentation through a new lens. Chapters are arranged in a logical scaling sequence beginning with the Maxillary right posterior/buccal aspect and ending with the Mandibular anterior surfaces. Operator clock positions are provided with each area of the mouth as well as comparison photos of reinforced scaling technique versus conventional scaling technique. As an educator, I witnessed many "light-bulb" moments with students and faculty alike as a result of incorporating this text and these techniques into my instruction. As a clinician, I can say with confidence, if you utilize the golden nuggets contained within this text, you will enjoy scaling again and have a renewed sense of expertise and career longevity! Gail Staples, BADH, RDH Dental Educator LM-Dental

I found it very helpful and am putting some of the tips into practice. If she does another one, it would be great to have an instructional DVD

I have personally worked one on one with Diane and she is absolutely amazing! The book is super easy to read and it has big pictures that show you how to position yourself and how to use advanced instrumentation on your patient. I especially like how you can use it chair side and wipe it down with Cavi Wipes after each patient. I passed the WREB Clinical Exam because of this woman and her amazing techniques. Get this book right now!

There is nothing in the marketplace like this book. I have attended several lectures on this topic but never had any take home material to use on Monday morning in my practice until now. The photos are sharp and in color making it easy to identify the location of the instrument tip and hand positions. Ms Millar has thought of everything by also advising the clinician of the seating position and posture which will reduce musculoskeletal problems. The layout of the book by sextants makes it easy to find the area that you are interested in and the pages can be wiped down after touching them with gloved hands. I find the exercises very useful in the middle of my day to prevent the aches which often accompany a day full of patients. Over the years, I have taught advanced instrumentation to hygienists and periodontal graduate students and the information in Ms. Millar's book adds one more layer to the skill level of the clinician.

I really like this technique, it's comfortable for me, and safe for the patient. I feel like I go faster and don't tire out as easy, thanks so much for the enlightenment, I will continue to use this technique forever more, thanks to you!

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