Nield Module 1&2

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Building Blocks of Periodontal Instrumentation

- **Stroke**
- **Finger Rest**
- **Mirror**
- **Grasp**
- **Position**

Risk Factors for Musculoskeletal Stress

- ✧ Fixed Working position
- ✧ Excessive use of small muscles
- ✧ Tight Grip
- ✧ Repetitive movement
- ✧ Positioning challenges
- ✧ Confined working space/equipment limitations

MUSCULOSKELETAL DISORDER (MSD)

Parts of the musculoskeletal system are damaged (muscles, tendons, nerves)

1. **Thoracic Outlet Syndrome**
   a. Painful disorder of numbness, tingling or pain of fingers, hand, and/or wrist due to compression of the brachial nerve plexus and vessels between the neck and shoulder
   b. Tilting head, hunching shoulders and continuously reaching overhead
2. **Rotator Cuff Tendinitis**
   a. Severe paint and impaired function of shoulder joint
   b. Holding elbow above waist level and holding the upper arm away from the body
3. **Pronator Syndrome**
   a. Painful disorder similar to carpal tunnel to the wrist and hand cause by compression of the median nerve between the heads of the pronator teres muscle
   b. Holding lower arm away from body
4. **Extensor Wad Strain**
   a. Numbness, pain, and loss of strength in fingers due to injury of the extensor muscles of the thumb and fingers.
   b. Extending the fingers independently of each other
5. **Carpal Tunnel Syndrome**
   a. Numbness, pain and tingling in the fingers caused by compression of the median nerve in the carpal tunnel of the wrist.
   b. Nerve fibers of median nerve originate in spinal cord in neck; therefore poor posture can cause CTS. Other causes include repeat bending of the hands and continuously pinch-gripping and instrument without muscle rest.
6. **Ulnar Nerve Entrapment**
   a. Numbness, tingling, loss of strength of the lower arm and wrist caused by compression of the ulnar nerve of the arm as it passes through the wrist
   b. Bending hand up, down or side to side at the wrist and holding the little fingers a span away from the hand.
7. **Tenosynovitis**
   a. Pain on the side of the wrist and at the base of the thumb. Sometimes movement of the wrist yields a crackling noise.
   b. Hand twisting, forceful gripping, bending the hand back or to the side.
8. **Tendinitis**
   a. Pain in the wrist, especially on the outer edges of the hand, rather than the center of the wrist.
   b. Repeatedly extending the hand up or down at the wrist.

GOOD

i. Head tilt of 0-20 degrees
ii. Ean forward at hips from 0=20 degrees
iii. Torso in line with long axis of the body
iv. Shoulders in horizontal line
v. Weight evenly balanced when seated

vi. Upper arms hang parallel to long axis of torso
vii. Elbows at waist level held slightly away from body
viii. Forearm held parallel to the floor
ix. Forearm raised or lowered by pivoting at the elbow joint
x. Little finger side of palm slightly lower than thumb side
xi. Wrist aligned with forearm

PATIENT POSITIONING
-Feet should be even with or slightly higher than the tip of his nose
-Chair back should be parallel to the floor for Maxillary
-Chair back should be slightly raised above parallel at 15-20 degrees for Mandibular
-Top of head should be even with the upper edge of the headrest Maxillary
-Adjust headrest to chin-down for Mandibular
-Adjust headrest to chin-up position for Maxillary
-Semi-supine position for mandibular treatment
-Supine position for maxillary treatment

MODULE 2- STUDY CLOCK POSITIONS FROM POWERPOINT

Nield Module 3

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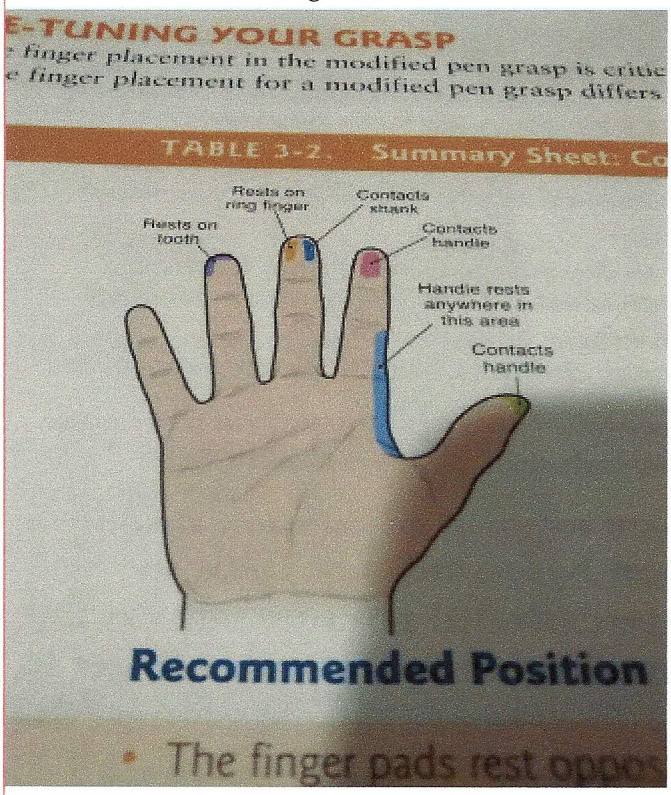
Periodontal Instrumentation

- Handle
- Shank
- Working-end



Placements

INDEX AND THUMB
-On instrument of handle to hold the instrument
MIDDLE FINGER
-Lightly on the shank to guide working end and feel vibrations
RING FINGER
-On oral structure, advanced ahead of other fingers. Stabilizes and supports for control and strength
LITTLE FINGER
-Near ring finger, held in natural relaxed manner. Has no grasp function

JOINT HYPERMOBILITY= "double jointed"

IDEAL GRASP