



3 POSTURE HACKS FOR A PAIN-FREE PRACTICE.



01 The 90-90-90 Rule

The Hack

When seated on the dental chair:

- › Hips at 90°: Thighs parallel to the floor, feet flat
- › Knees at 90°: No crossing, no dangling
- › Elbows at 90°: Arms relaxed, instruments at elbow height



Why it Works

- › Distributes body weight evenly
- › Reduces lumbar load
- › Prevents the forward hunch

02 Self-Compromise

The Hack

Before leaning forward, adjust the setup.

- › Raise the patient chair to elbow height
- › Tilt the patient's head toward you, not your neck forward
- › Position the operating light directly over the work zone



Why it Works

- › Maintains a neutral posture
- › Reducing unnecessary reach and neck flexion

03 The 30-Second Reset

The Hack

Try this between patients (or every 30 minutes)

- › Chin Tuck: Pull your chin straight back and hold for 5 seconds.
- › Shoulder Roll: Perform three slow backwards rolls.
- › Thoracic Extension: Hands behind head and gently arch your upper back.



Why it Works

- › Reduces cumulative musculoskeletal fatigue.

Your wellbeing is as important as your patients.