Yoga Sutra for Dentistry

Presented by:
Dr Paulette Pillersdorf
BIOGRAPHICAL SKETCH

Dr. Paulette Pillersdorf graduated from University of Toronto Dental Hygiene in 1974, George Brown College Expanded Duties Dental Hygiene in 1978, and University of Toronto Dentistry in 1985.

Paulette started teaching fitness in 1995 when she received her ACE (American Council on Exercise) Certification.

She has been a student of Yoga since 2000, and graduated from Downward Dog Yoga Teachers Training Program in Toronto.

Dr. Pillersdorf maintains a full time practice in Unionville, Ontario.
YOGA SUTRA FOR DENTISTRY

Synopsis of Program:

- Dental professionals are at great risk for repetitive strain injury due to sustained postures that we assume every working day. The purpose of this presentation is to introduce participants to a few strategies to “undo” the injuries that are perpetuated through incorrect or poor positioning.

- Dental professionals are constantly working under stressful conditions. Correct breathing patterns to decrease stress will also be taught to participants.
LEARNING OBJECTIVES:

- The participant will be able to identify dysfunctional breathing patterns and be taught to perform correct abdominal and diaphragmatic breathing.
- The participant will be able to identify incorrect or poor positioning while working and will be introduced to more correct posture.
- The participant will be introduced to yoga stretches to strengthen and increase flexibility in the spine, shoulder girdle and upper and lower extremities.
DYSFUNCTIONAL POSTURE

In most cases dental professionals work in positions that maintain arms and shoulder girdles in unstable and unsupported positions. This leads to dysfunctional postures of the spine, such as thoracic kyphosis and forward head posture. Therefore it’s of the utmost importance to work with the shoulders stabilized and the spine in an optimal position.
POOR POSTURE MAY RESULT IN:

- Back, neck, shoulder pain
- Rotator cuff injuries
- Thoracic outlet syndrome
- Herniated discs
- Degenerative disc disease and arthritis
- Tingling and numbness in hands and feet
- Tendonitis
- Bursitis
- Carpal tunnel syndrome
- Sciatica
CORRECT POSTURE - SITTING

- Feet flat on floor, hip width apart
- Ankles and knees in straight line
- Thighs parallel to floor or slightly lower
- Belly button pulled in to spine
- Chest lifted
- Shoulders rolled down and back,
- Arms close to side of body
- Forearms as parallel as possible to floor
- Elbows and wrists in straight line
- No extreme bends in wrists
- Head over spine,
- Chin tucked slightly in
Correct breathing – abdominal and diaphragmatic

- **Inspiration** - chest rises
diaphragm drops down
belly rises

- **Expiration** - belly falls
diaphragm rises
chest falls
Correct abdominal/diaphragmatic breathing produces the following benefits:

- Activates the parasympathetic nervous system
- Decreases heart rate
- Decreases blood pressure
- Decreases muscle tension
- Decreases stress
- Calms the mind, encourages clear thinking
- Increases energy, decreases fatigue
- Increases oxygen throughout body
FOR ALL THE FOLLOWING STRETCHES THESE 5 ACTIONS ARE NECESSARY FOR CORRECT CORE STABILIZATION

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

All stretches should be held for a minimum of 5 breaths
Businessman’s Pose
Side View

- thumbs into armpits
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
SHOULDER STABILIZATION

Businessman’s Pose

Front View

- thumbs into armpits
- Feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
Shoulders Stabilized

- thumbs up, arms outstretched, palms facing each other
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
Shoulders Not Stabilized

- Thumbs down, arms outstretched, palms facing outwards.
- Feel shoulder blades moving away from each other, up and forwards.
Shoulders Stabilized

Optimal functional work position.
Shoulders Not Stabilized

Working position with shoulders destabilized, leading to dysfunctional postures and degenerative changes.
SHOULDER STRETCH - I A

- 90 degree flexion– hands in front of body
- standing
- interlock fingers so that palms face body
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
SHOULDER STRETCH - I B

- To deepen stretch raise hands into full flexion overhead, keeping fingers interlocked.

- hold 5 breaths
SHOULDER STRETCH - II A

- Hands behind back
- standing
- interlock fingers so that palms face body

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- hold 5 breaths
SHOULDER STRETCH - II B

- To deepen stretch raise hands up away from body keeping fingers interlocked.
- Hold 5 breaths
HAND STRETCHES – I A

- Stand arm’s length from wall so that wrists and shoulders are in a straight line and shoulders line up over hips and ankles.

- Position hands so that wrist creases are parallel to horizon
- Fingers are spread apart
- Put more weight into thumb and index finger side of hand
- Feet hip width apart
- Belly button pulled in to spine
- Chest lifted
- Shoulders down and back
- Chin tucked slightly in
- Hold 5 breaths
HAND STRETCHES - I

- Position hands so that wrist creases are parallel to horizon
- Fingers are spread apart
- Put more weight into thumb and index finger side of hand
- All hand positions can be performed on any flat surface, (desk, counter top, floor etc.)
HAND STRETCHES – I B

To deepen stretch take a step back from wall and put weight into hands.
- hold 5 breaths
HAND STRETCHES - II

- Stand arm’s length from wall so that wrists and shoulders are in a straight line and shoulders line up over hips and ankles.
- Press back of hands into wall, fingers facing each other horizontally

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- - hold 5 breaths
HAND STRETCHES - II

Press back of hands into wall, fingers facing each other horizontally
HAND STRETCHES - III

- Stand arm’s length from wall so that wrists and shoulders are in a straight line and shoulders line up over hips and ankles.
- Press back of hands into wall, fingers pointing down.

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
HAND STRETCHES - III

Press back of hands into wall, fingers pointing down.
HAND STRETCHES - IV

- Stand arm’s length from wall so that wrists and shoulders are in a straight line and shoulders line up over hips and ankles.
- Elbows face floor, elbow creases face up.
- Press palms into wall, fingers pointing down, pinkie fingers touching, wrists together.
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
Elbows face floor, elbow creases face up.
Press palms into wall, fingers pointing down, pinkie fingers touching, wrists together.
SPINAL STRETCH – I A

BACK BEND

- feet hip width apart
- slight bend in knees
- hands on waist
- belly button pulled in to spine
- shoulders down and back
- lengthen through waist and lift chest
- release head backwards any amount, keep chin tucked in slightly
- hold 5 breaths
SPINAL STRETCH - I B

BACK BEND

- feet hip width apart
- slight bend in knees
- hands on waist
- belly button pulled in to spine
- shoulders down and back
- lengthen through waist and lift chest
- release head backwards any amount, keep chin tucked in slightly
- - hold 5 breaths
SPINAL STRETCH - II

FORWARD BEND

- hold on to back of chair
- arms outstretched
- wrist, shoulders and head in a straight line
- hips stacked over ankles

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in
- hold 5 breaths
SPINAL STRETCH - III

Side Bend - Right Side

- standing
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- extend right hand over head and bend to left side, palm face floor
- extend left palm down leg towards floor
- keep torso over hips
- hold 5 breaths
- Hold for 10 breaths on dominant side
SPINAL STRETCH - III
Side Bend - Left Side

- standing
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- extend left hand over head and bend to right side, palm faces floor
- extend right palm down leg towards floor
- keep torso over hips
- hold 5 breaths

Hold for 10 breaths on dominant side
LOWER EXTREMITIES
Hamstring Stretches - Right Leg

- Sit in operator’s chair as far back as possible so lower back is supported.

- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- Straighten right leg, flex foot
- Hold 5 breaths
- Release
LOWER EXTREMITIES

Hamstring Stretches - Left Leg

- Sit in operator’s chair as far back as possible so lower back is supported.
  - feet hip width apart
  - belly button pulled in to spine
  - chest lifted
  - shoulders down and back
  - chin tucked slightly in

- Straighten left leg, flex foot
- Hold 5 breaths
- Release
LOWER EXTREMITIES
Hamstring Stretches - Both Legs

- Sit in operator’s chair as far back as possible so lower back is supported.
- Feet hip width apart
- Belly button pulled in to spine
- Chest lifted
- Shoulders down and back
- Chin tucked slightly in

- Straighten both legs, flex feet
- Hold 5 breaths
- Release
SPINAL TWIST – RIGHT SIDE

- Sit in operator’s chair as far back as possible so lower back is supported.
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- Twist body to right
- Bring left arm across body and hold edge of chair
- Bring right arm back behind body and hold edge of chair
- Lengthen spine
- Hold 5 breaths
- Release
SPINAL TWIST – LEFT SIDE

- Sit in operator’s chair as far back as possible so lower back is supported.
- Feet hip width apart
- Belly button pulled in to spine
- Chest lifted
- Shoulders down and back
- Chin tucked slightly in

- **Twist body to left**
- Bring right arm across body and hold edge of chair
- Bring left arm back behind body and hold edge of chair
- Lengthen spine
- Hold 5 breaths
- Release
NECK STRETCHES – RIGHT SIDE

- Sit in operator’s chair as far back as possible so lower back is supported.
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- Bring left hand to right side of head for support
- Move left ear towards left shoulder
- Roll right shoulder down and back but keep right palm facing forward, thumb out to side
- Hold 5 breaths
- Release
NECK STRETCHES – LEFT SIDE

- Sit in operator’s chair as far back as possible so lower back is supported.
- feet hip width apart
- belly button pulled in to spine
- chest lifted
- shoulders down and back
- chin tucked slightly in

- Bring right hand to left side of head for support
- Move right ear towards right shoulder
- Roll left shoulder down and back but keep left palm facing forward, thumb out to side
- Hold 5 breaths
- Release
NECK STRETCHES - Extension

Sit in operator’s chair as far back as possible so lower back is supported.

feet hip width apart

belly button pulled in to spine

chest lifted

shoulders down and back

Chin tucked slightly in

interlock fingers behind head to support head

keep elbows parallel to each other

release head backwards any amount, keeping chin tucked in slightly

hold 5 breaths

Release
NECK STRETCHES - Forward Flexion

Sit in operator’s chair as far back as possible so lower back is supported.
feet hip width apart
belly button pulled in to spine
chest lifted
shoulders down and back
chest lifted
chin tucked slightly in

interlock fingers behind head to support head
keep elbows parallel to each other
lengthen chin towards chest any amount, keeping chin tucked in
hold 5 breaths
release
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