

ESMD AUTUMN SCHOOL 2019

Saturday 28/9/2019

UZ Sint Rafaël Leuven (Kapucijnenvoer 33, 3000 Leuven)

This program provides an overview of the topics and exercises that each team will work through at its own pace, supported and with advice from the different coaches in each area*.

08.30-09.00	<ul style="list-style-type: none"> Registration and acquaintance with each other and the coaches. Assignment of the dental units and installation.
09.00-12.00	<ul style="list-style-type: none"> Ergonomical working positions, routine of instrument exchange and aspiration technique. Cofferdam placement, four-handed cavity preparations and composite restorations in upper and lower jaw, four-handed.
10.30-11.15	Free optional session. Core Stability and relaxation exercises: neck, shoulder, arm
12.00-12.45	Lunch
12.45-16.45	<ul style="list-style-type: none"> Microscope settings, microscope ergonomics and mirror use Cavity preparations and composite restorations four-handed under microscope
14.45-15.30	Free optional session. Core Stability and relaxation exercises: back
16.45-17.15	Q & A
17.15-18.00	Farewell drink

Throughout the day, Dr. Christian del Rey also remains available for individual postural measurements, useful for the choice of microscope, microscope options and add-ons.