

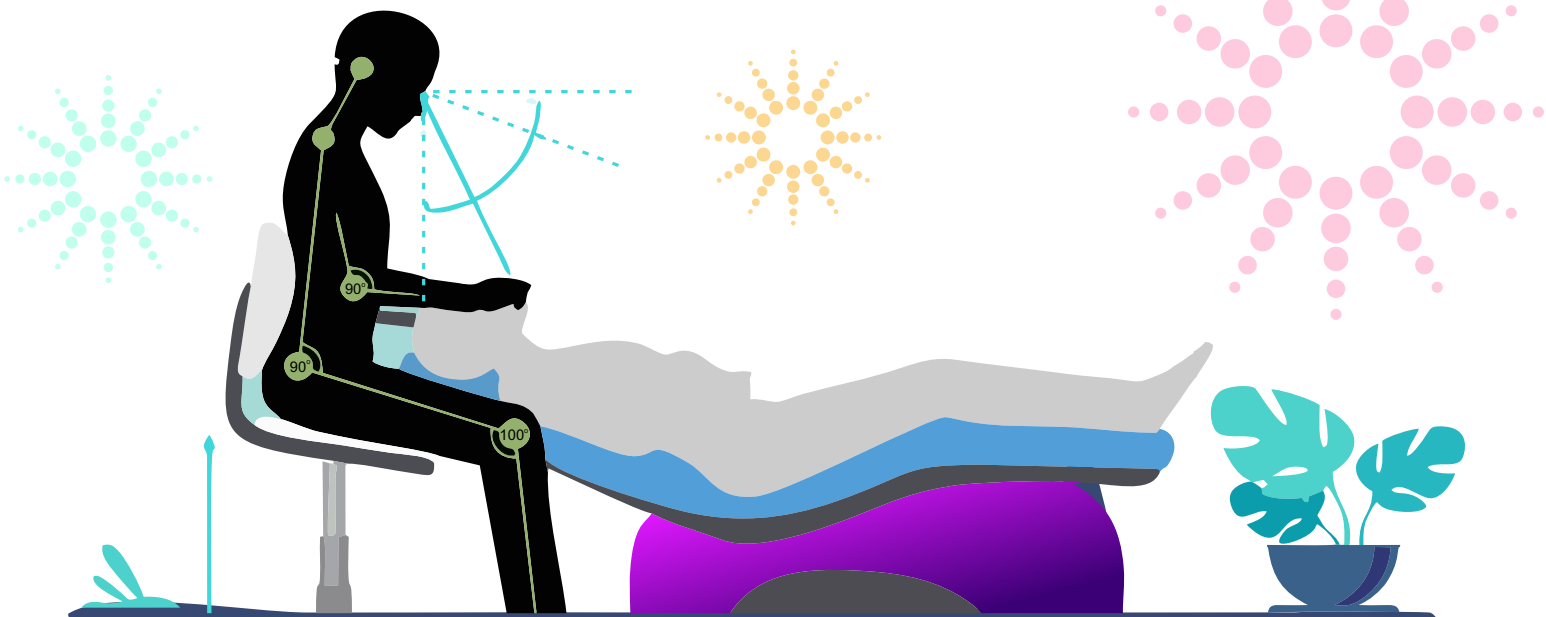
# Ergo-Medi-Fit

## Ergonomics and Fitness for Medical Practitioners

Do you want to work pain-free and enjoy Practice?  
Do you want to increase your career span & profitability?

**Then this program is for you**

### Module 1- ERGONOMICS & FITNESS FOR DENTISTS Position Yourself For Success



### Chief Mentor

**Dr. Sneha Divekar** ( Dental Ergonomist and Sport Dentist)  
**Mr. Manish Patil** ( Ergonomic Product Designer)

### Key Benefits

- Learn about MSDs in Dentistry
- Reduce work-related pain
- Learn to avoid illness and injury
- Reduce the daily physical and mental stress in your practice
- Improve your work productivity
- Gain greater work satisfaction
- Increase profitability by increasing productivity & profitability of your career
- Transform yourself from a tired dentist to Be transform yourself to a happy enthusiastic dentist

## Product Overview

ErgoDentFit Program aims at guiding the dentists for developing a good ergonomic design for the workplace and minimize problems of MSDs by correcting work-related postures and habits. MSDs are very common among dentists and they pay little attention to their own health till they begin to experience pain and discomfort in their body. In this course, we help dentists realize that with little attention and creativity, they can improve their comfort on the job during the course of their career. We also help guide dentists regarding what are the various stress relaxation techniques and also what type of exercise regimen is more suitable for dentists considering their work patterns. All this will improve the overall health and fitness of dentists.

## Product Contents



Introduction to ErgoDentFit Program



-Information on MSDs in Dentistry



-Introduction to Dental Ergonomics



-Mistakes done by the dentist in the operator



-Various stress relaxation techniques



-Role of diet and exercise



-How to plan exercise program for dentists

## Value Proposition



-Certificate from Jugaad Funda and Dental Fitness Study Club



-Ready-use charts of Dental Ergonomics and Stretching exercises



-Information on trigger point therapy and guidance for same



-Discount on Further module

### Duration

**Half day**

### Price of Product

**Rs 2,000/-**

**Contact us for group discount and special offers**

Timing: 2 Hours, between 9:00 AM to 2:00 PM Every Sunday

### How to Buy / Enroll ?

1. Visit [www.jugaadfunda.com](http://www.jugaadfunda.com)
2. Click & register on Upgrade My Skill (UMS)
3. Approval of registration & receive password reset mail
4. Login to upgrade my skill with credentials
5. Apply & Pay for ErgoDentFit Ergonomics and Fitness for Dentists
6. Access the course content

### Contact Details

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