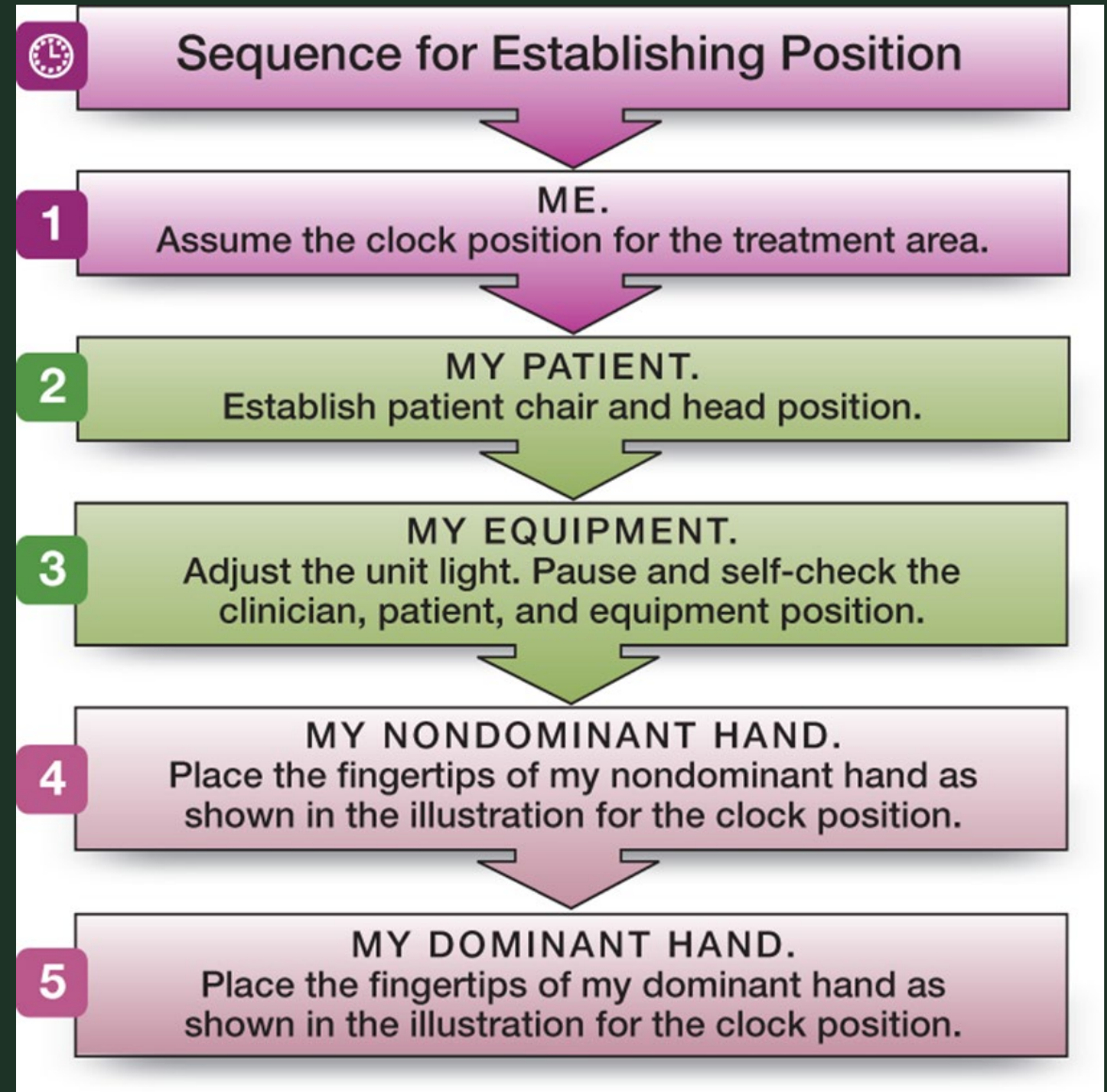
A complex network diagram with nodes and lines, partially enclosed in a circular frame. The nodes are represented by small colored circles in red, green, blue, and grey, connected by a dense web of thin grey lines. The diagram is set against a light background with a dark green circular border on the right side.

# Clinic Lesson 2 Patient /Operator Positioning, and Uses of the Light

Adopted from

Fundamentals of Periodontal  
Instrumentation, 8<sup>th</sup> Edition, Gehrig.  
ISBN-978-1-4963-2020-9

# Sequence for practicing patient/clinician positions



# Clock positions for instrumentation

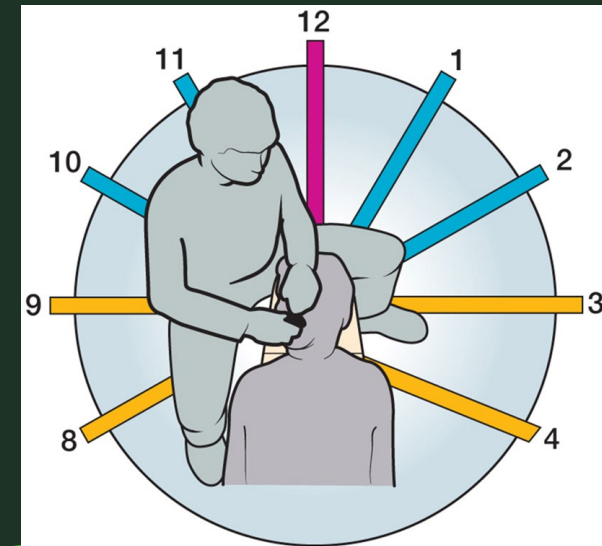
**Range of positions:** clinician moves around the patient to maintain a neutral body posture.

**Correct positioning:**

- Helps maintain a neutral posture of the head, arms, wrists, and hands
- Provides optimal visibility of the tooth surfaces.

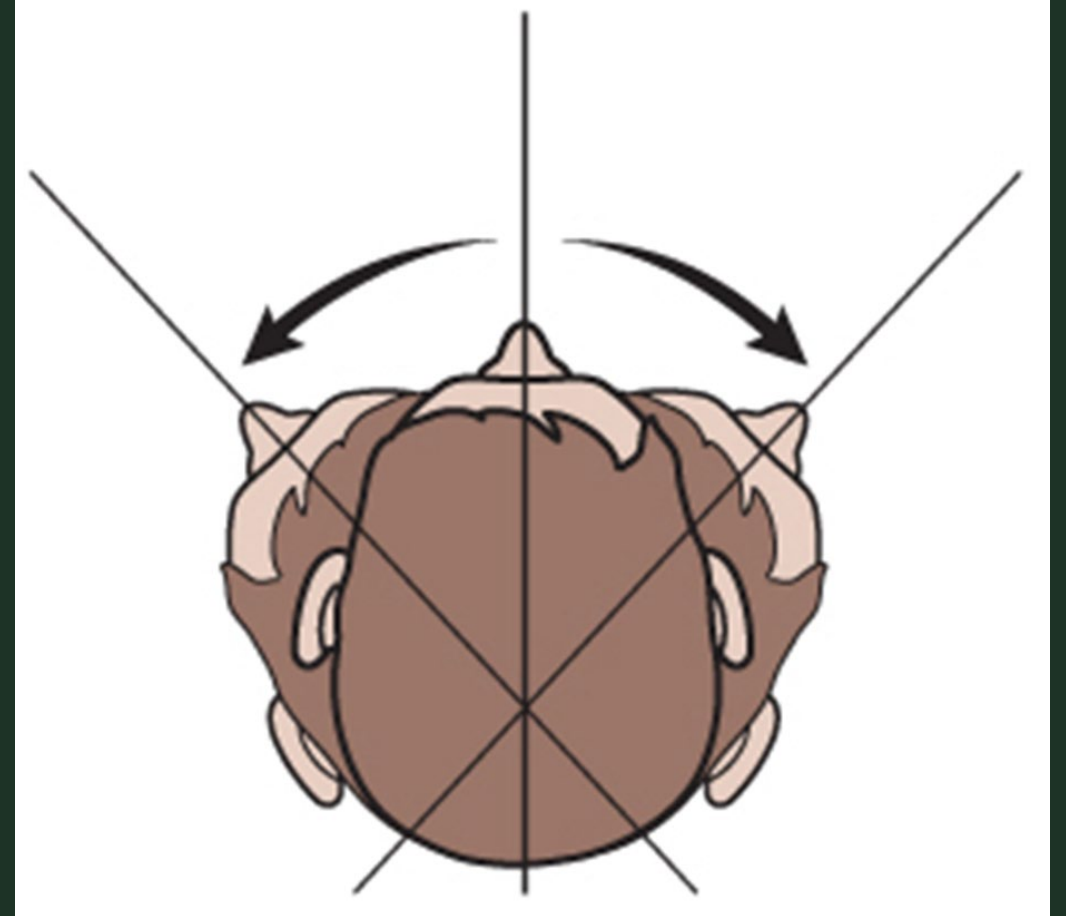
**Clock positions** use an analog clock face as a guide:

- The patient's head is at 12 o'clock.
- The patient's feet are at 6 o'clock.
- Right-handed clinicians sit from 8 to 1 o'clock
- Left-handed clinicians sit from 11 to 4 o'clock



# Patient Head Position

- The patient's head position should facilitate the clinician's neutral arm, wrist, and hand position.
- Request that the patient position the head to improve visibility and access to the treatment area.



# Positioning for the Right-Handed Clinician

## 8 O'clock Position (front of the patient)

- **Torso:** sit facing the patient, hip in line with the patient's upper arm.
- **Leg Position:** as per your textbook, your thighs should rest against the side of the Patient's chair. **At CityTech we straddle the chair.**
- **Arms Positions:** hold your arms slightly away from your sides. Hold your right arm over the patient's chest (**never** rest your arm on the patient's chest).
- **Line of vision:** straight ahead into the mouth.



# Positioning for the Left-Handed Clinician

## 3-4 O'clock Position (front of the patient)

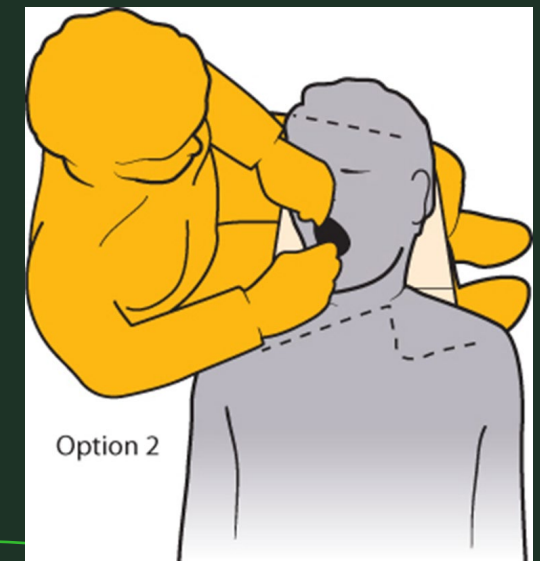
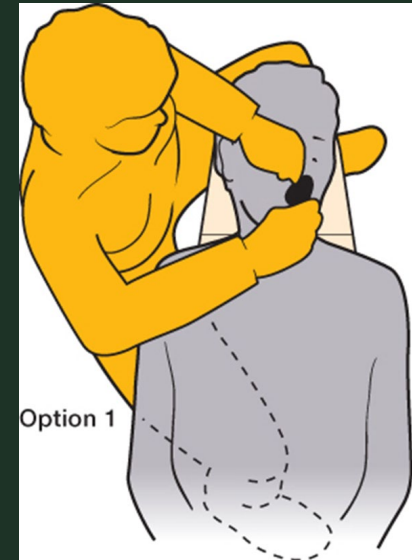
- **Torso:** sit facing the patient, hip in line with the patient's upper arm.
- **Leg Position:** as per your textbook, your thighs should rest against the side of the Patient's chair. **At CityTech we straddle the chair.**
- **Arms Positions:** hold your arms slightly away from your sides. Hold your left arm over the patient's chest (**never** rest your arm on the patient's chest).
- **Line of vision:** straight ahead into the mouth.



# Positioning for the Right-Handed Clinician

## 9 O'clock Position (to the side of the patient)

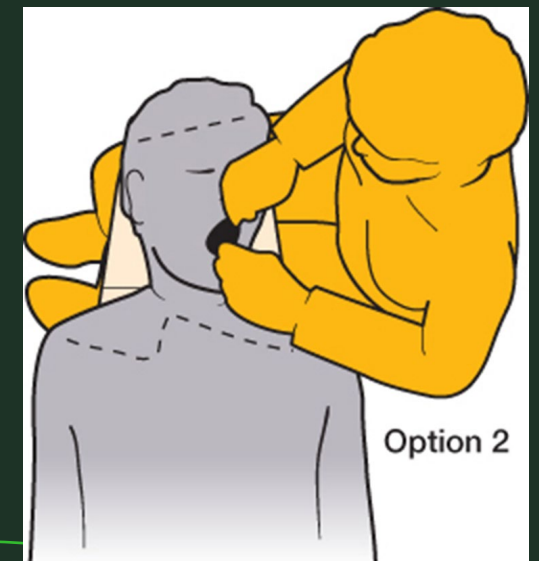
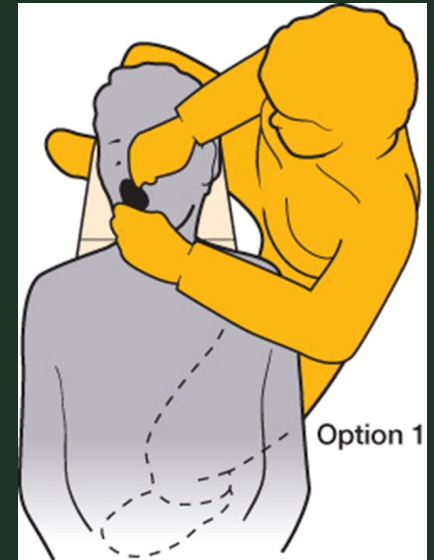
- **Torso:** sit facing the side of the patient's head. The midline of your torso is even with the patient's mouth.
- **Leg Position:** Your legs should either straddle the patient chair or be underneath the headrest (*alternative position, rarely used, not under the back of the chair*)
- **Arms Positions:** hold the lower half of your right arm approximately aligned with the patient's shoulder. Hold your left arm over the region of the patient's right eye.
- **Line of Vision:** straight down into the mouth.



# Positioning for the Left-Handed Clinician

## 3 O'clock Position (to the side of the patient)

- **Torso:** sit facing the side of the patient's head. The midline of your torso is even with the patient's mouth.
- **Leg Position:** Your legs should either straddle the patient chair or be underneath the headrest (*alternative position, rarely used, not under the back of the chair*)
- **Arms Positions:** hold the lower half of your left arm approximately aligned with the patient's shoulder. Hold your right arm over the region of the patient's left eye.
- **Line of Vision:** straight down into the mouth.





# Positioning for the Right-Handed Clinician

**10 to 11 O'clock Position** (near the corner of the headrest)

- **Torso:** sit at the top right corner of the headrest; the midline of your torso is even with the temple region of the patient's head.
- **Leg Position:** Your legs should straddle the corner of the headrest.
- **Arms Positions:** hold your right hand directly across the corner of the patient's mouth. Hold your left hand and wrist directly above the patient's nose and forehead. (never rest your hands on the patient's face/head)
- **Line of Vision:** straight down into the mouth.



# Positioning for the Left-Handed Clinician

**1 to 2 O'clock Position** (near the corner of the headrest)

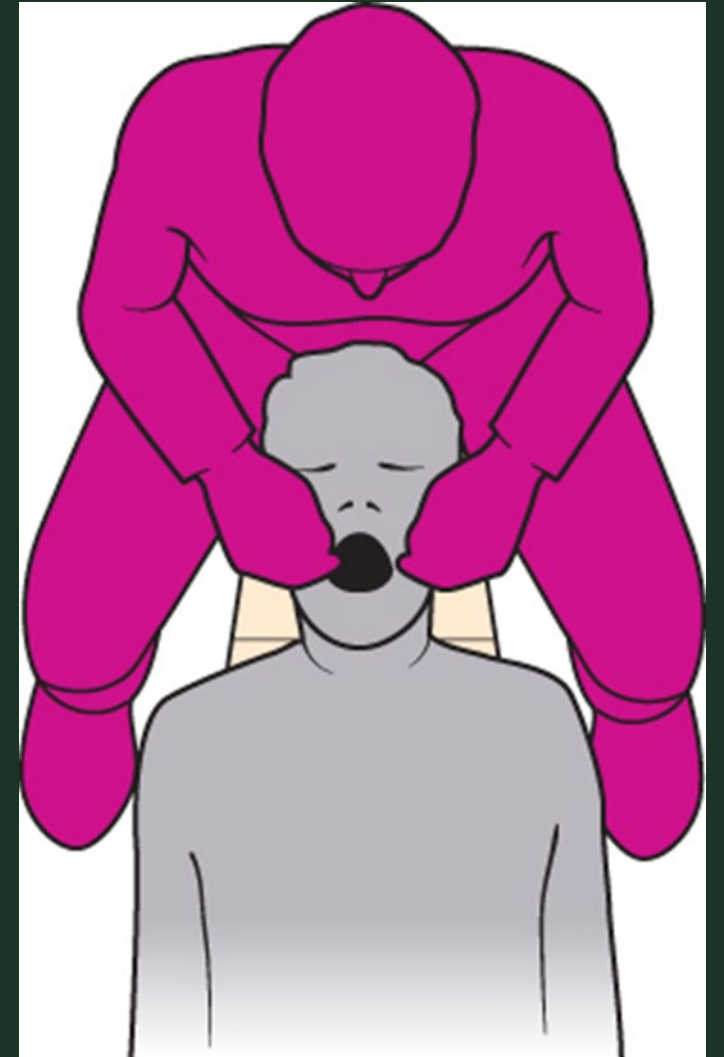
- **Torso:** sit at the top left corner of the headrest; the midline of your torso is even with the temple region of the patient's head.
- **Leg Position:** Your legs should straddle the corner of the headrest.
- **Arms Positions:** hold your left hand directly across the corner of the patient's mouth. Hold your right hand and wrist directly above the patient's nose and forehead (never rest your hands on the patient's face/head)
- **Line of Vision:** straight down into the mouth.



# Positioning for the Clinician (identical for right and left)

## **12 O'clock Position** (Behind the patient)

- **Torso:** sit behind the patient's head.
- **Leg Position:** Your legs should straddle the headrest.
- **Arms Positions:** hold your wrists and hands above the region of the patient's ears and cheeks.
- **Line of Vision:** straight down into the mouth.



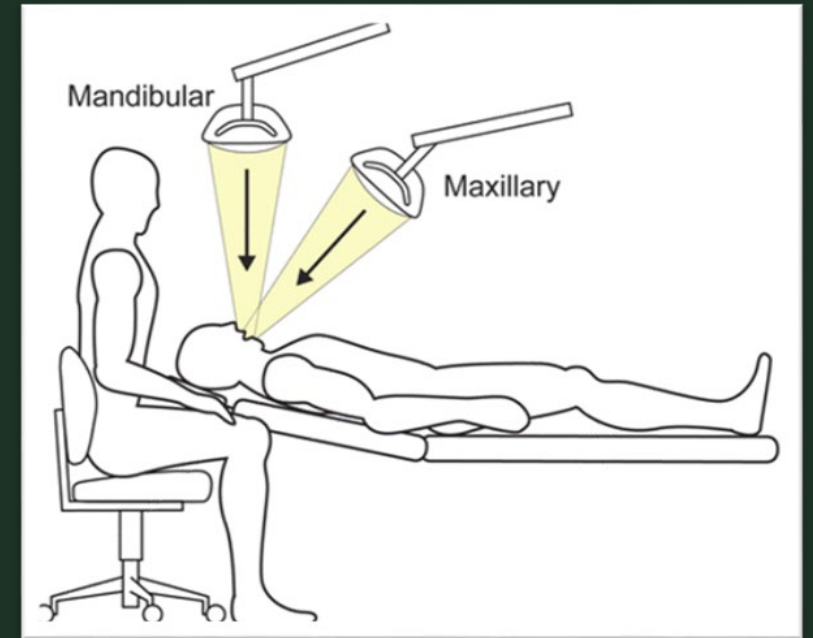
# Positioning your patient



# Neutral Position for the Patient

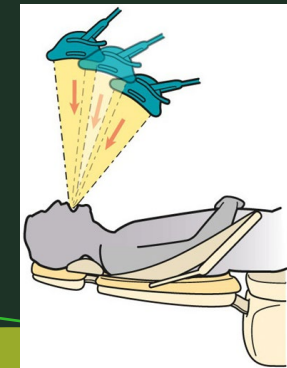
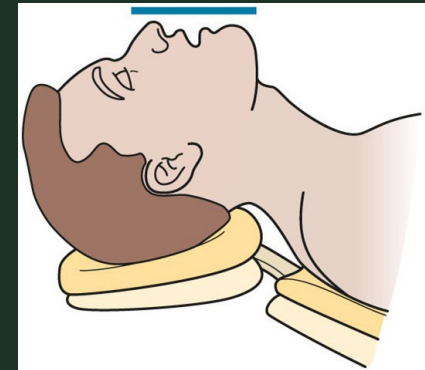
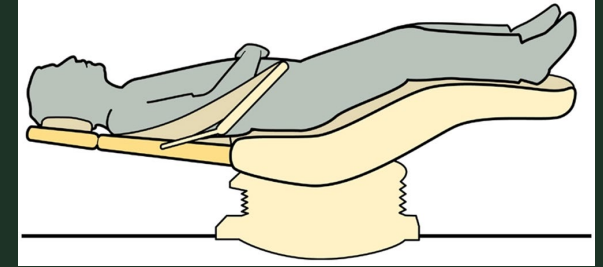
Use the dental chair to position the patients so “we” can maintain good ergonomics:

- Different positioning for working on Maxillary and Mandibular arches
- Move or rotate the patient’s head for optimum visibility of the treatment area.
- Upper arms parallel to the torso
- Adjust the dental light for maximum illumination for each area



# Positioning for Maxillary arch

- Patient's **feet** are even with, or slightly **higher than the tip of the nose** (supine positioning).
- **Chair back** nearly **parallel to the floor** for maxillary treatment areas
- Top of patient's head even with the upper edge of the headrest
- Angle the **headrest up** into the back of the patient's head so the **nose and chin are level**
- Maxillary dental arch should be **perpendicular to the floor**
- Position of the **light** at arm's length, will vary from being over the oral cavity to being positioned over the neck



# Positioning for Mandibular arch

- Chair back **raised** slightly for mandibular treatment areas (semi-supine positioning)
- Once chair is in position, ask the patient to adjust head for optimum visibility of treatment area
- Angle the **headrest** forward and **down** so that the chin is lower than the nose level (chin down)
- Mandibular dental arch should be **parallel to the floor**
- Position light at arm's length **directly over** the oral cavity

