

## Testimonies

It's a sad fact that nearly 70% of dentists experience back pain, and that nearly a third retire early rather than face years of constant suffering. Some studies suggest that many begin to experience pain as early as the second year of dental school. The prospect of facing injury and years of unrelenting pain as the price of serving patients is probably one reason that early users of the AnterioRest have said such enthusiastic things about their experience:

*"By greatly reducing the day-long accumulation of lower back tension, I now return home each evening symptom-free of the lower back afflictions which had been steadily worsening for years. I attribute this new found lower back health in no small part to your AnterioRest support system.*

*Treating patients ten hours daily for the past twenty-nine years in an essentially hunched over posture had rendered my back muscles riddled with stiffness, soreness, and ever more frequent episodes of overt pain. Several recent exacerbations of pain had become downright debilitating and the chronic soreness had become unrelenting. My resignation was that this was a condition with which I would just have to deal and that when it worsened enough, I would concede to early retirement. Indeed, even my financial planning revolved about this dreary mindset.*

*Enter the AnterioRest! Four months ago your technician installed the AnterioRest on my operatory chairs. Quite simply, an adjustable metal elbow with attached cushion, the AnterioRest permits me to position myself over my patients in treatment posture while leaning my upper torso against an immovable cushion. No longer do I need to hold myself in a bent-over treatment posture forcing sustained isotonic contraction of the lower back for hours at a time. It is now as if my upper body is suspended over my patient in treatment position without the expenditure of lower back effort.*

*Since I combined the use of your AnterioRest at work with some basic McKenzie Institute daily exercises, my static position back symptoms have been largely abated. While most improvement occurred during the first two weeks, a steady, albeit slower, rate of improvement has continued to present. Prior to employing the AnterioRest, my exercises alone were not enough to prevent back pain at the end of a normal workday. My static back pain symptoms are now attenuated to the degree that I am pain free at work, and even though never quite as bad, my dynamic back symptoms are markedly improved also. Impending lower back woes that once seemed inevitable are now seemingly averted."*

Kory E. Pinnow, DMD.

*"I just wanted to let you know how much I have appreciated the rest that you have designed. I have used it daily in my general dental practice with a wide variety of dental procedures and patient positions. I do note a decrease in lower and upper back fatigue after use of the rest. In the past, I would find myself positioning myself into very awkward positions to gain visibility of my working environment. With the rest that you designed, I have a supportive position available to me with a very easy to adjust positioner to accommodate the desired and optimal position for myself in relation to the patient.*

*This device will be a great asset to dental professionals and will prevent many practitioners from experiencing the common complaint of back pain due to positional strain.*

*I can easily see the value in a device such as this and hope that I can have one available for all of my dental chairs at my office. Thank you for your contribution to the profession."*

Scott D. Beattie, DDS.

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*“Better back health means a better, longer professional life and AnterioRest can deliver that.”*

Lori Trost, DMD.  
Center for Contemporary Dentist  
CEO Pink Tooth

*“AnterioRest helps insure proper body alignment during extended hygiene procedures that require optimal focus.”*

Karen Kaiser, RDH.

*“I am a Registered Dental Hygienist. About 1-1/2 years ago my back started giving me problems. I felt pain in my back, and numbness in my fingers and thumb. I knew I had to do something, or I would eventually end up having surgery. I started seeing a Physical Therapist on and off for a year. I received some relief, but it still didn't solve my problems.*

*Finally, I found comfort by using the AnterioRest! Thank you so very much. I have feeling back in my thumb and fingers again. My back feels better now and I no longer feel that this was something I had to just live with.*

*I recommend that anyone who has any type of back discomfort, or anyone who wants to prevent any future back problems, to get AnterioRest. Thank You..”*

Paige Monteverde, R.D.H.