

Evidence-Based Strategies and Innovative Solutions for Today's Dental Team

with **Leanna Enstrom BPE, RDH, COM**

This course will help clinicians recognize ergonomic risk factors in both their operatory setup and daily work habits that can contribute to pain, discomfort, and musculoskeletal injuries. Participants will learn the principles of proper ergonomic positioning and aligned posture, along with practical strategies and solutions to create a safer, more efficient clinical environment. By applying these techniques, clinicians can reduce physical strain, improve overall well-being, and support long-term career longevity.

**Thursday, November 19th, 2026
7-8:30 PM EST**

On-line (Zoom)

LEARNING OBJECTIVES

- Review and discuss current research and evidence-based practices in dental ergonomics.
- Recognize common risk factors for work-related musculoskeletal disorders affecting dental professionals.
- Identify and implement ergonomic solutions that support clinician health, comfort, efficiency, and career longevity within the dental practice setting.



Leanna Enstrom
BPE, RDH, COM

Leanna Enstrom, RDH, COM, is a practicing Registered Dental Hygienist, Certified Orofacial Myologist, and Territory Sales Manager with Andau Medical. With 29 years of experience in the dental industry, Leanna is dedicated to helping dental professionals work more safely, efficiently, and comfortably to support long, healthy careers in clinical practice.

Since joining Andau Medical in 2020 as one of the company's first Territory Managers, Leanna has played a key role in educating clinicians on the benefits of ergonomic loupe technology and its impact on posture, productivity, and overall well-being. Passionate about injury prevention and clinical excellence, Leanna is committed to empowering dental teams with practical ergonomic solutions that enhance workflow, reduce the risk of musculoskeletal disorders, and promote career longevity.

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