



## Self Care Muscle Relief Strategies for Dental Professionals

**Date:** March 10, 2026

**Location:** The Underground @ Lakeshore Dental Specialists

**Time:** 6:00 PM – Dinner & Gather, 6:30 PM – Program Starts

**Speaker:** John Gifford, CBPM, LMT, CPT

**Advisory Lead:** Dr. Rebecca Schwarcz

### Lecture Summary:

#### Ouch! Is Dentistry Hurting You?

Dental professionals often suffer from headaches, wrist pain, carpal tunnel, neck and back pain—long considered “part of the job.” But it doesn’t have to be.

With over 50,000 hands-on sessions, John Gifford teaches how to respond differently to the physical and mental stressors of dentistry. Learn to:

- Recognize “thinking traps” that increase stress
- Perform self-care stretches to reduce muscle tightness
- Use targeted pressure to increase muscle pliability

This engaging, practical course shares tools John has refined over 30 years to reduce stress both at work and at home—presented in his high-energy, interactive style.

Bonus: All participants receive a copy of his eBook, *Essential Stretches You’ll Actually Use*

Note: **Wear comfortable clothing for ease of movement.**

### Course Objectives:

- Reduce physical and mental stress through simple daily habits, ergonomic principles, and effective tools
- Relieve pain and tension using targeted pressure techniques and quick, practical stretches
- Understand how muscle function, mindset, and posture impact long-term health and performance