

THE UNIVERSAL METHOD

Exercices of body awareness

Before becoming a professional of health, one is first of all a human being searching for balance, without stress, beyond race and education !

To allow the body to be receptive, we ask students (at this stage we consider all human beings – whether dentists or non-professionals – as being students in the discovery of how to apply this Concept) to follow a dozen of body self-awareness exercises, most often with their eyes closed, in a free space so as not to hinder or modify their movements and also so as to better concentrate and feel their own reactions to the gravity.

For instance measures are taken of the inclination tolerated by the head or the trunk, of the rising elbow on the side, of the sitting height, etc...It is astonishing to notice how reduced is the amplitude tolerance of those movements to the gravity (on the order of one centimeter!), as soon as the body feels stressed or uncomfortable.

The body reacts infallibly if solicited beyond its position of balance, this is so down to the finger tips. A range of variations called “Zero range” is of course natural and is therefore accepted as long as no stress is felt (for instance, the elbow accept rising up laterally to a maximum of 5 cm beyond its balance position that is noted down as zero). The body feels comfortable, otherwise it sends a message of discomfort until the correct attitude is found.

It is an extremely sensitive tool of knowledge, the best guide if listened to attentively, of which the fingers are endings.

Then each one determines at the end of one’s forefinger one’s Zero point that is measured within one centimeter from the ground up ahead of one’s breast. This optimum focus point is used as basic reference before starting any work.



In short, before rushing ahead with some work to do at any cost, it is utterly necessary to set the body in the most natural balanced condition that is possible: the outcome will be a minimum of effort and a maximum of efficiency.

Within a few hours, those exercises help in developing a very keen and natural sensitivity in space towards external stimuli: it is called PROPRIOCEPTION. This body experience is COMMON TO ALL HUMAN BEINGS, regardless of ethnicity or education!

By logical derivation, from the Zero Concept and proprioceptive sense, students find out their ideal working position.

Global language applied to simulation exercises

Besides the integration of self-awareness exercises and of the simulation of dentistry acts taking place for 4 days for the students, we associate a global and universal language easily understood by any human being – for let us not forget that we are human beings first before being professionals! It allows us to easily analyze and record the measures and data collected.

The proprioception sense associated with a global and universal communication greatly accelerates self-acquisition of skills as well as increasing efficiency and therefore the speed and the quality of the performance.

Simulation exercises (self-teaching)

An artificial mouth, fastened to a table and vertically adjustable, is at the disposal of the students grouped into pairs (both alternate in doing the exercises and recording the results) for the numerous simulation exercises, as scaling, cavities drillings, extractions, etc...



The board of results (0=balance, 1=acceptable, 2=stress),connected to the tests taken by thousands of people, allows us to compare the results that correspond to the basic norms since they were derived from the proprioception that is common to all human beings. There is, for each exercise, an optimal position which is defined for all and therefore an optimal result is expected.

An error in positioning the trunk or the elbow, in holding a tool or in one's fulcrum, will automatically indicates some body stress or lack of control.

Students can evaluate themselves their results and correct them if necessary. This is a self-teaching process by simulation in a static position.



Simulation of clinical reality

Eventually for the last 2 days in the dental clinic, students proceed with tests of dynamic simulation within the clinic. An artificial head is fixed, with mouth and teeth, onto the headrest. Only the height may vary for a few centimeters as well as the inclination of the head, forward or backward, right or left, according to the work to be done.

A simple cavity is drilled on the occlusal surface of a first upper molar in indirect view, that is by looking in a dental mirror to keep the back and the head straight, in natural balance (thus avoiding contortions of the bust and of the head that tries to look in direct view with much stress!). Discipline first of course, but freedom afterwards!

The turbine rotates with a water spray to cool down the tooth and avoid any dangerous overheating.. This is one of the most difficult act in dentistry!

During the exercise, a video camera shows on a TV screen the picture of the head, of the operator's index and of the mirror handle held in the other hand. Their movements are traced with a marker on a transparent tracing paper fixed on the TV screen – the whole having to be coordinated in order to be mastered. The recording also includes the duration of the act, the number of pauses, the turbine harmonious sound indicating the efficiency of the drilling, etc...



At last, students evaluate their stability of which depends the quality of their work. They can review the recorded sequences to be improved during other exercises. Thus they correct themselves. Results (depth, accuracy of the cavity contour (extra or less)) are evaluated to $2/10^{\text{th}}$ of a millimeter with a magnifier in relation to the Concept Zero coordinate based imagery. What is amazing but little known is that the muscular memory progresses much faster than the mental memory (according to physiology/psychomotor experts): let us remember that dentistry acts are physical!

No teacher, but a moderator, to help or rather support psychologically the student! Everyone is sent back to one's own judgment and sensations! Six intensive days are enough to acquire this starting key! This is a self-teaching and universal method that enormously accelerates the speed of the skills acquisition. A pedagogical revolution in the practical field of dentistry!



Clinical reality

Eventually the passage from the clinical simulation to the clinical reality is done without any gap since the working and surrounding conditions are identical, thus avoiding the waste of the period of adaptation.

This is a pedagogical revolution that can easily be spread, at a low cost, to a great many people because it is a universal method.

