



Think back – what did you do exactly? Maybe you stretched your back and neck slightly.  
Read about Optergo Solution, a unique concept that opens up new vistas!

**Look sharp!**

# Sit straight and see clearly!

A unique concept to make you feel better

*Do you sometimes suffer from a stiff neck or shoulders? No?*

*In that case please pass this brochure on to a colleague, as he or she will almost certainly recognise the problem. 65% of all dentists develop neck or shoulder trouble due to incorrect working postures. And the worst of it is that there wasn't anything you could do about it – until now.*

## **Correct your working posture first – then use the right optics**

When you try out Optergo's unique prism spectacles you notice the difference straight away. The refraction in the optics and the prism means that you can sit in a correct working posture without bending your neck or straining your eyes. You'll be able to see perfectly and will have full control when treating your patients.

The secret is that we have designed the optics based on the correct work posture, not how you sit now. That's something no one else in the world does.



- ergonomics
- certified optics
- unique optics
- advice



“65% of all dentists suffer from neck and shoulder problems”



### Unique solution for an unsolvable problem

You are probably wondering how we got to this point.

Certainly it could be considered slightly strange to sell glasses for anything other than just sight.

Dutchman Joseph Wouters, who has long been intent on solving problems concerning the large number of occupational injuries that occur in dentistry, worked out the optimum work posture a few years ago. The problem was simply that a dentist couldn't carry out his or her work in that position! We were the only company in the world to have a solution for this.

Thus the idea for Optergo Solution was born.

### Not just a pair of glasses

Optergo Solution is not just a pair of new glasses; it's a whole concept to make dentists feel better.

The basis for this, as we explained earlier, is the work posture itself.

This is the starting point for our specially-trained and qualified optometrists when they produce a solution tailor-made for you, your optimum sitting position and your eyesight. After that we manufacture a pair of Optergo prism spectacles and you can of course choose whether to have standard glass or magnifying glass. You also get an interactive follow-up programme with specific advice based on a number of questions answered at regular intervals.



# How is it possible?

## Prism technology provides new perspectives

*When you are in the best possible work posture you can't do your job as a dentist properly. You have to look down somehow or bend your neck at an angle that is ergonomically inadvisable. The only way to solve this problem is to displace the image using Optergo's advanced prism technology.*

### Unique optics

With this optical solution the light is angled by means of a prism. The result is an intuitive image displacement, where greater distance magnifies this image displacement.

In plain language, this means that something that is in reality angled below you is shifted upwards.

In this way you can sit up straight and at the same time see what your hands are doing. Everyone who has tried it says it's a fantastic solution.

### Not just any old glasses

We haven't stopped at creating a unique optical system, but have taken things one step further. The glass is of course extremely resistant to scratches, and naturally it has an anti-reflection coating in accordance with the latest technology. The frames for all Optergo's



- tough glass
- anti-reflective
- titanium frames





prism glasses are made of high-quality titanium for maximum rigidity and minimum weight, making them comfortable to wear throughout your working day.

And finally, we just need to mention one small detail. Each pair of glasses is marked with the wearer's own name.

### **Wouldn't an ordinary magnifying glass be better?**

By using an ordinary magnifying glass you can increase your ability to see details and straighten your lumbar region. The price you pay is a reduced field of vision, resulting in increased static load and an incorrect neck angle.

An Optergo prism magnifier gives you the optical benefits while at the same time allowing you to sit up straight, from the base of your spine right up to your neck. Our qualified optometrists naturally ensure that you get a solution that is just right for you. To avoid strain from staring, we recommend, however, that you do not use magnifiers more than is actually necessary.



### **Can you really do precision work with image displacement?**

If the displacement were sizeable it would be hard to get used to. But the fact is, you only need a small correction to make things much better.

Most people who have bought Optergo prism glasses have been able to work on straight away without needing to get used to them. But we think you ought to try them for yourself, so please feel free to contact us or one of our qualified optometrists.



# Optergo Solution!

## A unique mix of ergonomics and optics

*Optergo is a young company with its roots in Multilens, a company that has been developing advanced specialist optics for almost 30 years.*

*The company's management team includes specialists in the fields of both optics and ergonomics. This means that we can offer a unique concept that allows dentists to feel better and reduces the number of days off sick.*

*Something that ultimately pays for itself.*

### **You can start by looking up and looking sharp**

We have previously stated that a sitting position is crucial for avoiding tension in the neck and shoulders.

So our qualified optometrists start by analysing exactly how you should sit for the greatest comfort. The crucial difference is the bending of the neck, which should not exceed 25°. In actual fact, enormously strong muscles are required to hold the head up, and each degree is significant.



- cooperation
- innovation
- care



“Specialists  
in the fields  
of both  
optics and  
ergonomics”



### **Only then can we look you in the eye**

The right knowledge and the right equipment is required to provide dental staff with the right optics. Therefore only optometrists trained and certified by us can carry out a full assessment and provide the Optergo Solution. Once we have determined your right work position, we perform a specially designed eye test suitable for your needs.

### **Top-quality manufacturing**

We have shown on earlier pages how Optergo prism glasses work. But just as important as function is, of course, how they are made and the raw materials we use. The glasses are made by our sister company Multilens, which has been supplying specialist optics throughout the world since the early 1980s. A unique manufacturing process and well-trained employees ensure that the end product is of the highest quality.

### **No delivery without follow-up**

So that you can maintain the excellent ergonomic and optical effects, we have produced an interactive follow-up programme specially adapted for you.

You regularly answer questions and on this basis you will get advice on exactly what to do to get the most out of the solution you selected.



## 9 steps to the most beneficial work posture!



1 Position your lower leg at right angles to the floor.



2 Place both feet completely flat against the floor.



3 Position the legs slightly apart – max 45°.



4 Raise your chair so the angle between thigh and lower leg is  $>110^\circ$ .



5 Position the backrest against the upper section of your pelvis.



6 Sit up straight, push your chest forward and lower your shoulders.



7 Lift your forearms – max 25°.



8 Bring your forearms forward to a maximum of 10°-20°.



9 Do not bend your head forward more than 20°.

**OPTERGO**<sup>®</sup>  
OPTICAL ERGONOMIC SOLUTIONS

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