

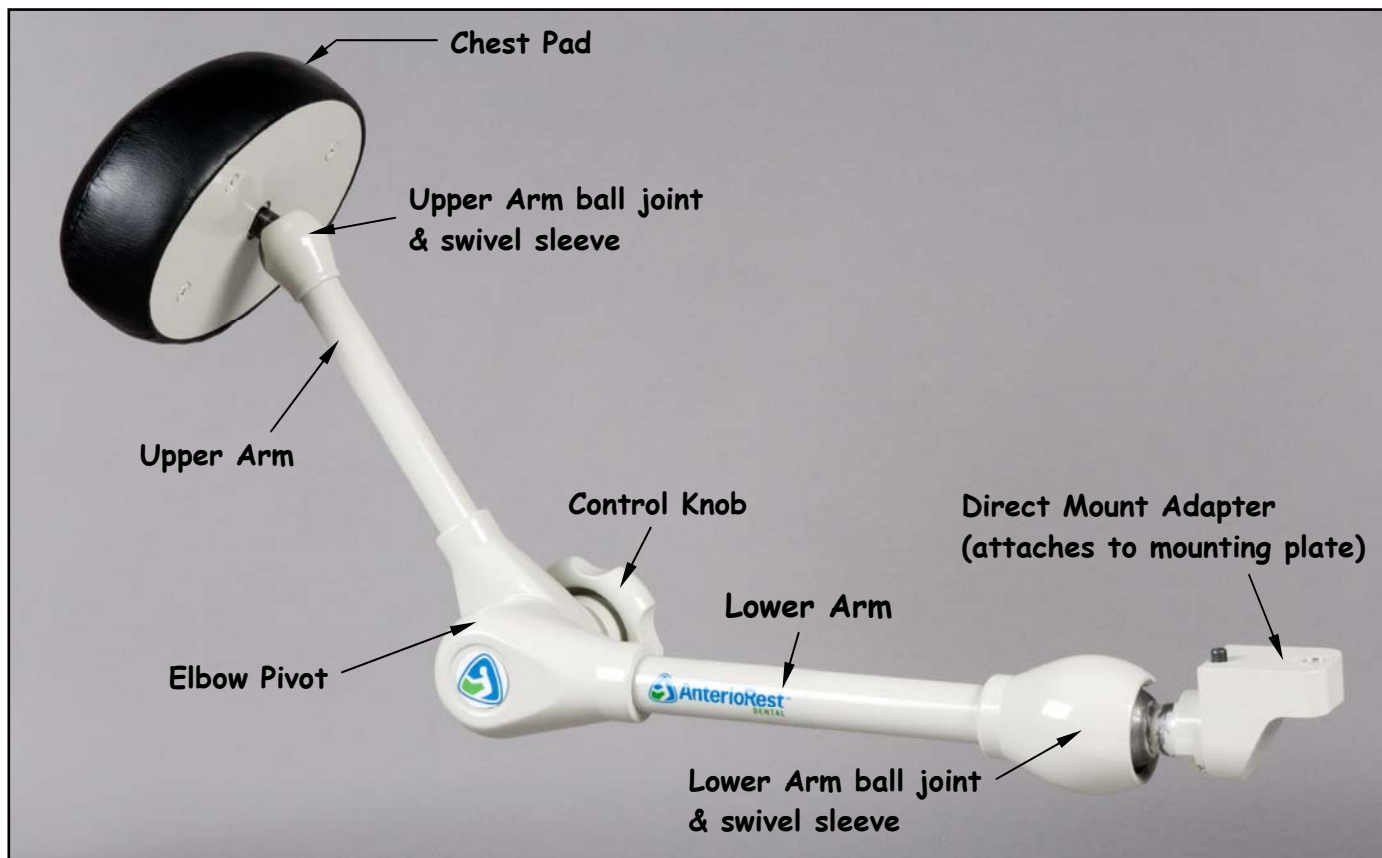


Installation Instructions
Model ARDEN 02



Back Support From the Front®

Illustration



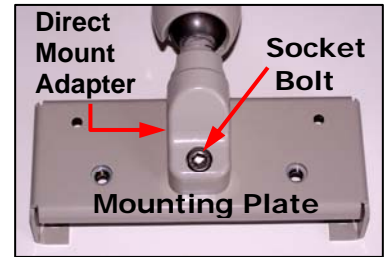
INSTALLATION INSTRUCTIONS

The tools you will need for the installation are:

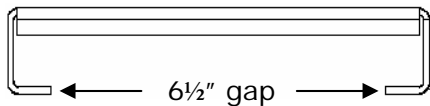
- 7/16" box-end wrench
- socket wrench or adjustable (crescent) wrench
- 5/16" hex-bit socket or 5/16" Allen wrench to secure Direct Mount Adapter bolt
- drill with a 1/4" bit for most installations; 5/16" bit for certain wood-backed chairs
- small flexible ruler, tape measure, and level
- screw driver (straight edge or Phillips) may be necessary for some chairs
- Star driver or Allen wrench may be necessary for some chair hardware
- small vacuum and cleanser for clean-up of work area

Basically, there are two types of materials used today in the outside construction of the back of the chair: metal and plastic. Some older chair backs may be constructed of wood. The installation instructions for a metal-backed chair in many cases apply to a wood-backed chair. However, some wood-backed chairs require additional steps and these can be found in the enclosed Additional Instructions for Backrests with Affixed Upholstery. Career Extenders, Inc. strongly recommends that the patient chair be adequately anchored to the floor prior to using the AnterioRest®. This provides a more secure work station for the AnterioRest® ensuring optimal performance.

Before starting, detach the Direct Mount Adapter from the Mounting Plate by removing the socket head cap bolt with a 5/16" hex-bit socket or 5/16" Allen wrench. This will make it easier to install the Mounting Plate onto the back of the patient chair. The socket bolt is loosely secured at this time so it can easily be removed. After the Mounting Plate is installed, re-attach the Direct Mount Adapter and AnterioRest® to the Mounting Plate using the socket bolt.



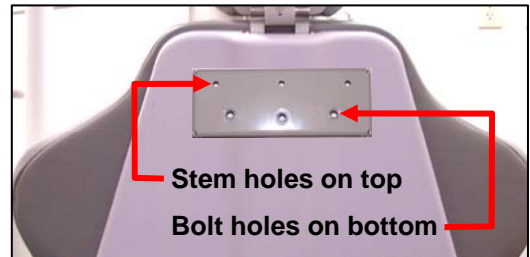
Some chairs have raised or elevated areas in the middle of the chair. The mounting plate should bridge over the top of these raised areas. There is a gap or open space between the "legs" of the mounting plate for this purpose.



The gap is 6½" wide and can "bridge" over raised areas up to 1" high.



Raised area on back of chair



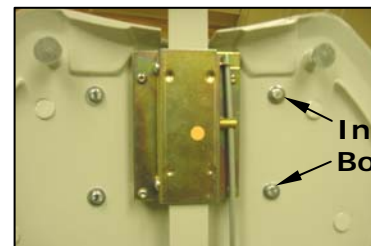
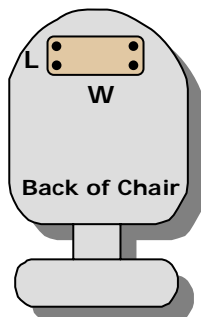
Mounting Plate orientation

Instructions for a Metal-Backed Chair

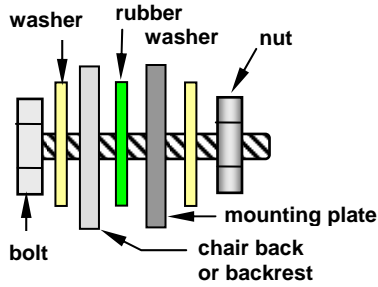
1. Place the backrest into the most upright vertical position.
2. Remove the backrest cushion from the chair. It is usually attached by screws or by snaps. Consult your chair manufacturer's manual for directions in removing the backrest cushion.
3. Determine the best location to securely attach the Mounting Plate to the metal frame by inspecting the inside of the backrest after removing the cushion. Location will vary from chair to chair. In most cases the preferred position is to attach the Mounting Plate approximately 1-3" below the top of the chair and centered left to right. This should allow the chest pad to extend beyond the headrest in the 12 o'clock position. Care must be taken to not interfere with the headrest, electrical, or other internal mechanisms that may be present. It is possible to attach the Mounting Plate more than 3" below the top of the chair. However, if work in the 12 o'clock position is desired make sure the Lower Arm has enough length to reach beyond the headrest.
4. It's best to mark the four drill holes on the inside of the backrest (cushion side) to minimize the potential for scratching, but it is not required. If the backrest is covered with fabric, such as leather, cut little holes in the fabric before drilling. The holes for anchoring the plate to the back of the chair are:
 - 2" apart from center of hole to center of hole for the "L" side or short side.
 - 7 ¼" apart from center of hole to center of hole for the "W" side or long side.



The orientation with installation holes is illustrated below. "Length" side of the plate runs top to bottom on the back of the chair and the "Width" side runs left to right on the back of the chair.



- Using a 1/4" drill bit, drill four holes through the metal starting on the cushion side (if possible) of the backrest. This will prevent scratching of the exterior. Remove any burrs from the drill holes.
- Using the box wrench, attach the Mounting Plate to the back of the chair by using the supplied bolts. Make sure the stem holes are on top directed towards the headrest as shown on page 3. Apply a washer onto a bolt, resting it against the bolt head. Insert the bolt into one of the holes. The bolt head and washer should be on the cushion side of the backrest. Apply a rubber washer onto the bolt on the other side of the backrest. Align the bolt with the corresponding hole in the

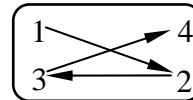


Mounting Plate and slide the Mounting Plate onto the bolt. The Mounting Plate should be resting against the rubber washer. Apply a washer and nut onto the bolt. Secure it loosely; do not fully tighten at this time.

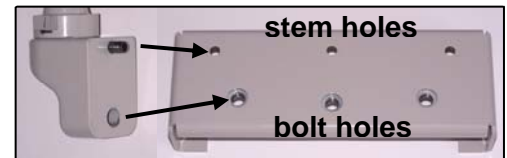


- Repeat step 6 for the three remaining bolts.
- When all nuts are secure, tighten them with a box wrench in a diagonal fashion starting at 1.

DO NOT OVER-TIGHTEN AS IT MAY CRACK THE METAL.



- Reattach the backrest cushion. On some chairs the underside of the support for the backrest cushion may rub against the heads of the installation bolts making it problematic to attach the backrest. This can be solved by making small indents or cavities for the bolt heads allowing the backrest to properly attach to the chair.
- Reattach the Direct Mount Adapter to the Mounting Plate. Insert the stem of the Direct Mount Adapter into one of the stem holes in the Mounting Plate and then align the adapter bolt hole with the corresponding bolt hole in the Mounting Plate.
- The Mounting Plate hole choice is a preference of the practitioner for best positioning of the chest pad. A guide is listed below. Secure the Direct Mount Adapter to the Mounting Plate using the socket head cap bolt. Make sure it is tight. The Direct Mount Adapter should not move.



This position is primarily for left-handed practitioners. It provides greater pad height on the left side of the chair and limited use at the 12 o'clock position.



The center position is for both left-handed and right-handed practitioners. It is optimal for utilizing the AnterioRest® on both sides of the patient chair, especially in a multi-practitioner operatory. It also provides best positioning for 12 o'clock work.



This position is primarily for right-handed practitioners. It provides greater pad height on the right side of the chair and limited use at the 12 o'clock position.



An optional dual mount system installation attaches two AnterioRests® to the back of the patient chair providing support for both the dentist and assistant during four-handed procedures.

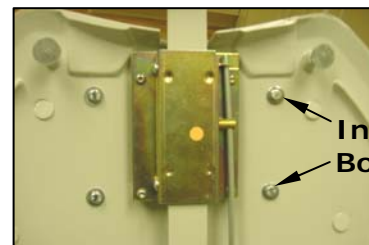
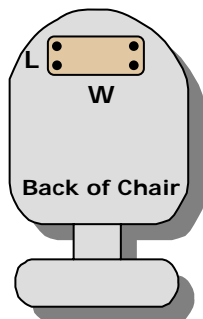
12. Congratulations – you are now ready to make use of your AnterioRest®. Please consult the Owner’s Manual for direction in operating the AnterioRest®.

Instructions for a Plastic-Backed Chair

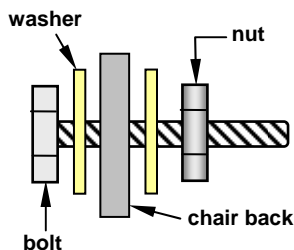
1. Place the backrest or chair back into the most upright vertical position.
2. Remove the plastic shroud from the back of the chair.
3. Remove the backrest cushion from the chair. It is usually attached by screws or by snaps. Consult your chair manufacturer’s manual for directions in removing the backrest cushion.
4. Determine the best location to securely attach the Mounting Plate to the metal frame by inspecting the inside of the backrest after removing the cushion. Location will vary from chair to chair. In most cases the preferred position is to attach the Mounting Plate approximately 1-3” below the top of the chair and centered left to right. This should allow the chest pad to extend beyond the headrest in the 12 o’clock position. Care must be taken to not interfere with the headrest, electrical, or other internal mechanisms that may be present. It is possible to attach the Mounting Plate more than 3” below the top of the chair. However, if work in the 12 o’clock position is desired make sure the Lower Arm has enough length to reach beyond the headrest.
5. It’s best to mark the four drill holes on the inside of the backrest (cushion side) to minimize the potential for scratching, but it is not required. If the backrest is covered with fabric, such as leather, cut little holes in the fabric before drilling. The holes for anchoring the plate to the back of the chair are:
 - a. 2” apart from center of hole to center of hole for the “L” side or short side.
 - b. 7 ¼” apart from center of hole to center of hole for the “W” side or long side.



The orientation is illustrated below. “Length” side of the plate runs top to bottom on the back of the chair and the “Width” side runs left to right on the back of the chair.



6. Using a ¼” drill bit, drill four holes through the metal starting on the cushion side (if possible) of the backrest. This will prevent scratching of the exterior. Remove any burrs from the drill holes.
7. Reattach the plastic shroud to the back of the chair. Using the drilled holes in the metal frame as guides, carefully drill four holes through the plastic shroud. Remove the plastic shroud again.

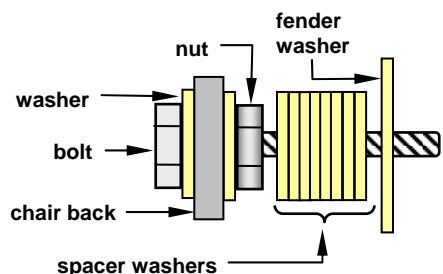


8. Apply a washer onto one of the supplied bolts, resting it against the bolt head. Insert the bolt into one of the holes. The bolt head and washer should be on the cushion side of the backrest or chair back.
9. Apply another washer onto the bolt on the other side of the metal frame of the chair back. Thread a nut onto the bolt and tighten.
10. Repeat steps 8 and 9 for the remaining bolts.

11. At this point you need to determine how many washers / spacers to apply to each bolt. These washers, positioned under the plastic shroud, will provide a solid foundation for securing the Mounting Plate. Determine the space or gap that exists between the underside of the plastic shroud and the metal frame of the backrest. Usually a good approximation can be made by measuring the inside depth of the upper half of the plastic shroud in the area of the 4 holes.



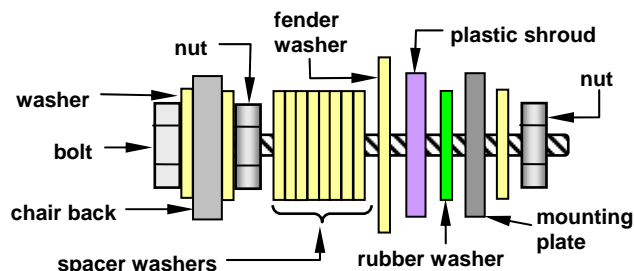
Determine the space or gap



12. Including the nut and washer already on the bolt, apply additional washers or spacers to the bolt equal to the depth of the space determined in step 11. The "fender" washer or large diameter washer should be applied last. It provides more surface area for securing the Mounting Plate against the plastic shroud.

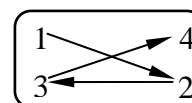


13. Place a small piece of clear tape on the bolt next to the last washer to hold them in place.
14. Repeat steps 11-13 for the remaining bolts.
15. Reattach the backrest cushion. On some chairs the underside of the support for the backrest cushion may rub against the heads of the installation bolts making it problematic to attach the backrest. This can be solved by making small indents or cavities for the bolt heads allowing the backrest to properly attach to the chair.
16. Reattach the plastic shroud threading the bolt ends through the holes in the plastic. Test the support of the washers against the underside of the plastic shroud by pressing on the area by the bolts. A sturdy, non-flexing surface is desired for properly anchoring the Mounting Plate. If the plastic shroud flexes, remove the shroud, add additional washers as necessary, and repeat step 16 until the plastic shroud does not flex. Remember, the "fender" or large diameter washer should be last and rest against the underside of the plastic shroud. This provides the best support for the Mounting Plate.
17. At this point the cushion and plastic shroud are attached and a sturdy surface exists around each bolt protruding through the plastic. Apply a rubber washer onto each bolt. Attach the Mounting Plate to the back of the chair by inserting the bolt ends through the holes in the mounting plate. Make sure the stem holes are on top directed towards the headrest as shown on page 3. The Mounting Plate should be resting against the rubber washers.

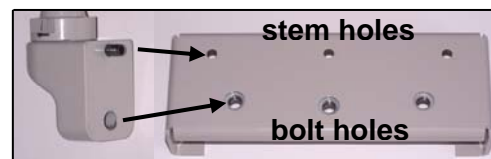


18. Apply a washer onto a bolt resting it against the Mounting Plate. Thread a nut onto the bolt and secure it loosely against the washer. Do not tighten at this time.
19. Repeat step 18 for the three remaining bolts.
20. When all nuts are secure, tighten them with a box wrench in a diagonal fashion starting at 1.

DO NOT OVER-TIGHTEN AS IT MAY CRACK THE PLASTIC.



21. Reattach the Direct Mount Adapter to the Mounting Plate. Insert the stem of the Direct Mount Adapter into one of the stem holes in the Mounting Plate and then align the adapter bolt hole with the corresponding bolt hole in the Mounting Plate.



22. The Mounting Plate hole choice is a preference of the practitioner for best positioning of the chest pad. A guide is listed below. Secure the Direct Mount Adapter to the Mounting Plate using the socket head cap bolt. Make sure it is tight. The Direct Mount Adapter should not move.



This position is primarily for left-handed practitioners. It provides greater pad height on the left side of the chair and limited use at the 12 o'clock position.



The center position is for both left-handed and right-handed practitioners. It is optimal for utilizing the AnterioRest® on both sides of the patient chair, especially in a multi-practitioner operatory. It also provides best positioning for 12 o'clock work.



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23. Congratulations – you are now ready to make use of your AnterioRest®. Please consult the Owner's Manual for direction in operating the AnterioRest®.

Installation Hardware

Metal-Backed Chairs

- 4 hex bolts
- 8 small metal washers
- 4 rubber washers
- 4 hex nuts
- 1 socket head cap bolt



Plastic-Backed Chairs

- 4 hex bolts
- 52 small metal washers*
- 4 fender washers (large diameter)
- 4 rubber washers
- 8 hex nuts
- 1 socket head cap bolt

*Additional washers may be required for unusually large spaces under the plastic shroud

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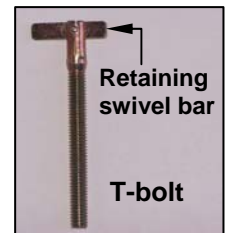
Additional Instructions – Backrests with Affixed Upholstery

On some chairs the upholstery is affixed to the backrest framing or completely encloses the backrest and can't be removed. The T-bolt facilitates the installation for these chairs. There are two basic designs:

- 1) The backrest is wooden with the upholstery stapled to the back and covered by a plastic shroud.
- 2) The backrest is made of wood or metal and the upholstery completely encloses the backrest. This design does not have a plastic shroud. The upholstery is the visible surface.

The following recommendations for T-bolt installation complement the metal back and plastic back chair installation instructions.

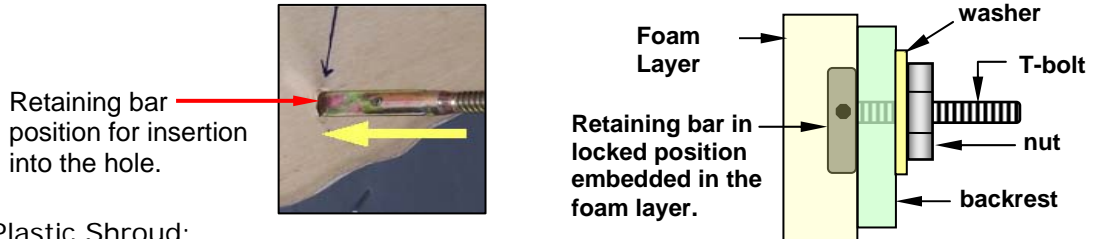
1. Place the backrest into the most upright position.
2. Remove the plastic shroud if so equipped.
3. Follow the AnterioRest® Installation Instructions for determining the mounting location of the AnterioRest® and the drill holes. If your chair doesn't have a plastic shroud, use steps #3 and #4 of the Metal-Backed Chair instructions. If your chair has a plastic shroud, use steps #4 and #5 of the Plastic-Backed Chair instructions.
4. Carefully drill four 5/16" diameter holes in the backrest of the chair. Foam is applied with adhesive to the backrest on the patient side of the chair and then covered with fabric. After the drill bit penetrates the wood or metal backrest it will encounter the foam. Take care not to penetrate the foam too far or it will pierce a hole through the fabric on the other side.
5. For backrests with a plastic shroud, mark and drill four 5/16" diameter holes through the shroud. Make sure the marks for the drill holes in the shroud will align with the drill holes in the backrest before drilling.
6. You may need to cut the supplied T-bolts to a shorter length with a hack saw. This will vary with each chair. It is dependent on the thickness of the backrest frame and the covering of the backrest. Some backrests are covered by a thin layer of foam and fabric while others are covered by a plastic shroud.
 - No Plastic Shroud: Measure the thickness of the backrest. Add in the thickness of the rubber washer, mounting plate, and the securing washer and nut before marking your cuts. Secure the T-bolts in a vice (don't crush the threads) and make your cuts.
 - With Plastic Shroud: Measure the thickness of the backrest. Measure the space that exists between the underside of the plastic shroud and the frame of the backrest (see step 11 of Plastic-Backed chair instructions). Usually a good approximation can be made by measuring the inside depth of the upper half of the plastic shroud in the area of the 4 holes. Add in the thickness of the plastic shroud, rubber washer, mounting plate, and the securing washer and nut before marking your cuts. Secure the T-bolts in a vice (don't crush the threads) and make your cuts.



Installation Tip: You may determine the length of bolt needed for the installation and make your cuts after inserting the T-bolts as described in step 7 below. This makes it easier to determine the bolt length but requires the cuts to be made with the bolts attached to the chair.

- Insert the head of the T-bolt (non-thread end) into the hole. You must push the head through the hole to the opposite side of the backrest so the retaining bar can swivel into position. When the retaining bar is in position it will lock the bolt in place. The bolt will not pull out if the retaining bar is properly positioned. Apply a washer and nut onto the bolt and secure it. Repeat this step for the remaining holes.

Note: The unthreaded part of the T-bolt may show after being inserted into the hole if the backrest or chair frame is thin. If this occurs then add washers until the unthreaded part of the bolt is covered. Then apply the nut and secure. Repeat this step for the remaining holes.



With Plastic Shroud:

Insert the T-bolts as described in step 7. Reattach the plastic shroud to the backrest lining up the holes with the inserted bolts. Add in the thickness of the rubber washer, mounting plate, and securing washer and nut before marking your cuts. After marking your cuts remove the shroud so it is not scratched during the cutting process. ⚠ Make sure you secure the bolts inserted into the backrest by applying a washer and nut to the bolt and making it tight. Cut the T-bolts.

No Plastic Shroud:

Insert the T-bolts as described in step 7. Add in the thickness of the rubber washer, mounting plate, and securing washer and nut before marking your cuts. ⚠ Make sure you secure the bolts inserted into the backrest by applying a washer and nut to the bolt and making it tight. Cut the T-bolts.

For Backrests with a Plastic Shroud

- Leave the washers and nuts on that were used to secure the T-bolts for the cutting process.
- Ensure the nuts are tight as they may have become loose during the cutting process.

Complete the installation by continuing with step 11 of the Anteriores® Installation Instructions for Plastic-Backed Chairs.

For Backrests without a Plastic Shroud

- Remove the washers and nuts used to secure the T-bolts for the cutting process.
- Apply rubber washers onto the T-bolts. Align the bolts with the corresponding holes in the Mounting Plate and slide the Mounting Plate onto the bolts. The Mounting Plate should be resting against the rubber washers.
- Apply a washer and nut onto the end of a bolt. Secure it loosely; do not fully tighten at this time. Repeat this for the three remaining bolts.

Complete the installation by continuing with step 8 of the Anteriores® Installation Instructions for Metal-Backed Chairs.

Installation Hardware for Backrests with Affixed Upholstery

- 4 T-bolts
- 52 small metal washers* (Additional washers may be required for unusually large spaces under the plastic shroud)
- 4 fender washers (large diameter)
- 4 rubber washers
- 8 hex nuts
- 1 socket head cap bolt

