



Owner's Manual  
Model ARDEN 02



**Back Support From the Front®**

# OWNER'S MANUAL

Career Extenders, Inc.  
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Omro, WI 54963

## Designed For Dentists

Designed by a physical therapist, the AnterioRest® is a revolutionary approach to the prevention and treatment of lower back injury. It successfully addresses the muscular strain most commonly responsible for dental career-related back pain by providing frontal, hands-free support for an inclined working position.

This simple device transforms your existing patient chair into an ergonomic workstation, allowing you to maintain an inclined rest position while continuing to work in the familiar way that allows optimized proximity with your patient.

The concept of Back Support From the Front® integrates the principles of practical and functional ergonomics into one non-traditional approach. Its' practical because it provides support where you need it and in the position you desire to work. Functional because it allows you to work pain free in an efficient and effective manner. Your natural positional tendencies are no longer a liability.

***At first the practical and functional support of the AnterioRest® may feel unusual or strange. Give yourself time to adapt to the experience of frontal support because in a short time it will become a fundamental part of your dental routine. Eventually it will feel unnatural to work without this revolutionary device and you'll be reaping all the physical benefits.***

## General Warning:

Proper use and maintenance of your AnterioRest® reduces risk of injury and potential damage to the device. This Manual contains several warnings regarding the failure to maintain, inspect, and properly use the AnterioRest®. These warnings are highlighted by the symbol ▲ indicating a potentially hazardous situation which, if not avoided, could result in injury, damage to the device, and / or voiding of your warranty.

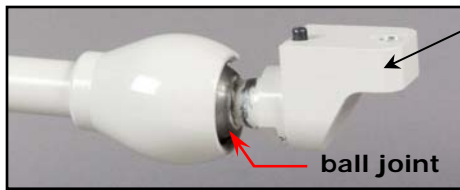
▲ Do not release the AnterioRest® control knob while leaning against the chest pad and working on your patient. Doing so could cause you to compromise your support from the AnterioRest® and result in injury or damage to the equipment. Make sure the control knob is tight before leaning on the chest pad. ▲ Always test the knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move. ▲ DO NOT attempt to adjust the AnterioRest® before releasing the compression. Failure to do so may diminish the clamping ability of the AnterioRest® making it unsafe to use. Improper use will void the warranty.

## How to Use this Guide

This guide provides detailed descriptions and operating instructions for the use of the AnterioRest®. Before using the AnterioRest®, read this document to familiarize yourself with its capabilities.

## Mounting Plate

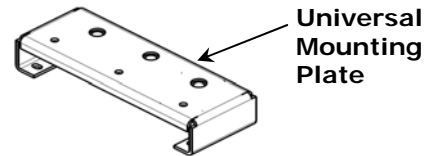
The Mounting Plate attaches to the back of the patient chair which provides a stabilizing anchor for the AnterioRest®. The AnterioRest® can then be positioned to provide support for the entire trunk and upper body, alleviating muscle effort.



**Direct Mounting Adapter**

To the left is a picture of the direct mounting adapter. This is used for certain types of metal-back patient chairs. Most chairs will use the universal mounting system. The universal mounting system consists of a direct mounting adapter that attaches to a mounting

plate. The mounting plate has three preset positions for the attaching the direct mounting adapter: offset to the left, center, and offset to the right. The center position is optimal for utilizing the AnterioRest® on both sides of the patient chair, especially in a multi-practitioner operator. The offset to the left position is primarily for left-handed practitioners and the offset to the right is primarily for right-handed practitioners.

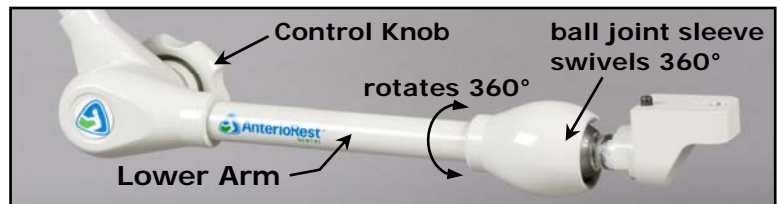


**Universal Mounting Plate**

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. This setup utilizes both offset positions on the universal mounting plate.

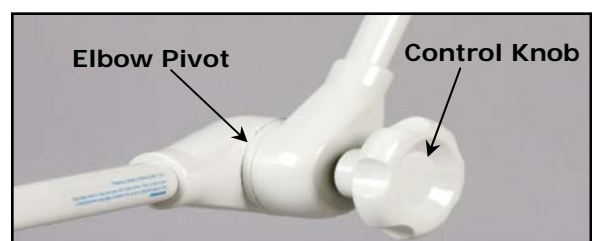
## Lower Arm

The Lower Arm is attached to the direct mounting adapter by a ball joint and it provides the extension necessary to work on any side of the patient chair. The Lower Arm can freely move into any clock position (9 through 3 o'clock), move up and down, and rotate 360° on its axis. The movement of the Lower Arm is controlled by the centrally located Control Knob. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.



## Elbow Pivot

The Elbow Pivot connects the Lower Arm to the Upper Arm. The Upper Arm can swing 360° on this center axis. In general terms, this is the point where the horizontal

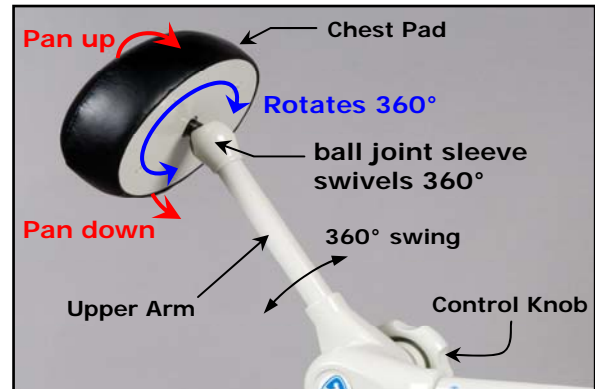


positioning of the Lower Arm transitions to the vertical positioning of the Upper Arm. The pivoting motion is controlled by the centrally located Control Knob. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.

## Upper Arm

The Upper Arm provides the vertical extension for the Chest Pad. It is attached to the Chest Pad metal plate by a smaller ball joint. The Upper Arm can swing 360° as described previously. The ball joint at the end of the arm allows the Chest Pad to rotate 360° on its axis and vertically pan the face of the pad up or down. The movement of the Upper Arm is controlled by the centrally located Control Knob.

⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.



## Chest Pad

The cushioned pad supported by a metal plate provides a comfortable front rest for the practitioner. The practitioner rests against this pad when leaning forward to work on the patient. The slim profile of the Chest Pad and ball joint allows the practitioner to “get in close” to the patient. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.



## Control Knob

This centrally located knob unlocks all planes of movement of the AnterioRest®. This single point locking knob allows the device to be moved in one motion from one side of the patient chair to the other while allowing simultaneous fine adjustment of the Chest Pad for optimum comfort. The operator can maneuver the Chest Pad and Arms into virtually any configuration or desired position simply by releasing the Control Knob and moving the pad. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.

## Positioning the Pad

1. Take a firm hold of the chest pad with one hand. Use the other hand to activate the control knob and support the unit.
2. Release the clamping pressure by turning the knob to make it loose (as pictured on the left, turn the knob counter-clockwise). Usually 1 to 1½ turns is sufficient to release all compression points.

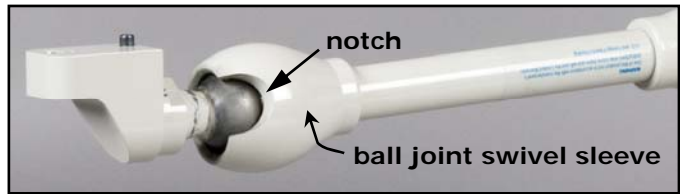
**⚠ DO NOT attempt to adjust the AnterioRest® before releasing the compression. Failure to do so may diminish the clamping ability of the AnterioRest® making it unsafe to use. Improper use will void the warranty.**

3. The AnterioRest® should feel fairly limp and fluid. Move the chest pad and arms into your preferred treatment position. Using numerous arm configurations the chest pad can be placed into virtually any position to provide support for sitting and standing procedures. A few examples are pictured below.



4. When you have placed the Chest Pad and arms into your desired position, turn the knob until it is tight. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.

5. For certain procedures you may need to rotate the AnterioRest® from one side of the patient chair to the other side. This may be the case in a multi-practitioner operatory where one operator is right-handed and another is left-handed. When moving the AnterioRest® you will need to re-position the notch on the ball joint swivel sleeve.



a) Release the clamping pressure by turning the knob to make it loose. While supporting the AnterioRest® with one hand grasping the Upper Arm or Chest Pad, place the other hand on the ball joint sleeve (please refer to the picture on the right).

b) The swivel sleeve should turn freely. If not then loosen the knob a bit more. Rotate the swivel sleeve so that the notch faces in the direction you are moving the Lower Arm. Continue to move the AnterioRest® into the desired position. In the picture to the right, the operator is in the process of moving the AnterioRest® from a right-handed user side of the chair to the left-handed side.



c) When you have placed the Chest Pad and arms into your desired position, turn the knob until it is tight. ⚠ Always test knob tightness prior to working on the patient by attempting to move the chest pad with your hand. The pad should not move.

d) Rotating the notch will also allow the Lower Arm to be placed in either the 9 o'clock or 3 o'clock position when the notch rests against the neck of the ball joint. This is illustrated in the picture below.

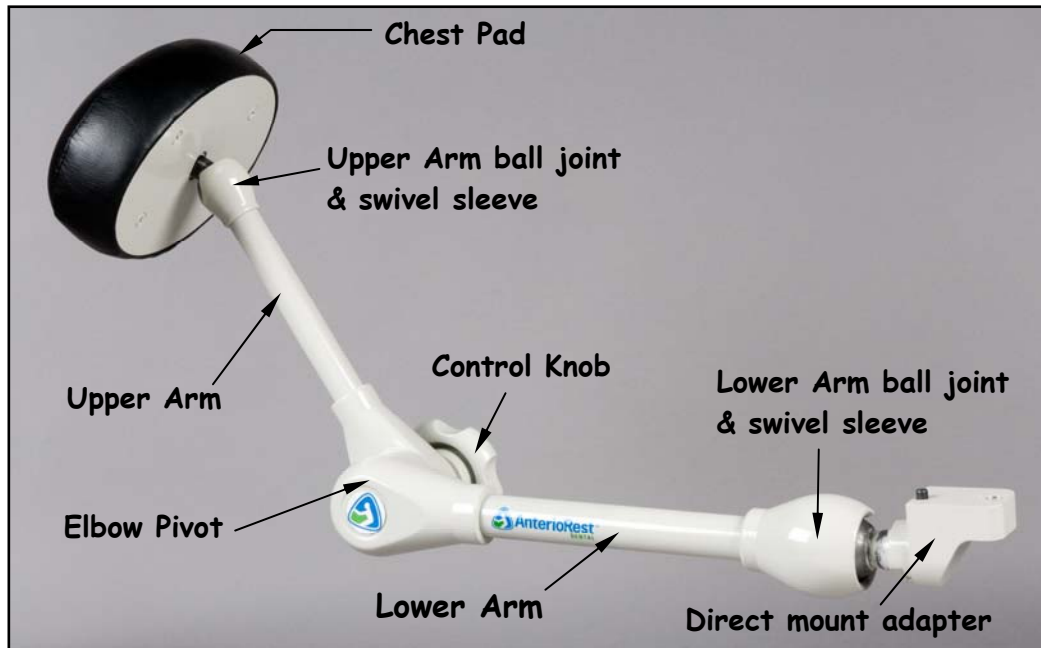


## Design Specifications

The AnterioRest® is designed to safely support 50 lbs. in the forward lean position. In this position the average dentist exerts a force of 20-32 lbs. The AnterioRest® was subjected to rigorous life cycle testing. With proper maintenance and use the data suggests the AnterioRest® should perform satisfactorily for many years. However, this should not be construed as a guarantee of life expectancy for your product and in no way supercedes or

countermands the terms of the warranty. Specifications are subject to change without notice. **▲ DO NOT** modify any part of the AnterioRest®. Changes to the design may cause a potentially hazardous situation which, if not avoided, could result in injury, damage to the device, and / or voiding of your warranty.

## Illustration



## Maintenance and Care

Infection control in the dental office is a high priority for our customers. OSHA, the ADA and the CDC are also involved in this complex issue.

Career Extenders, Inc. will not attempt to specify the required intervals for disinfection nor can it recommend the overall best surface disinfectant. Please refer to the latest Infection Control Recommendations published by the American Dental Association for further information.

Career Extenders, Inc. strongly advocates the barrier technique be used whenever possible to preserve the finish and appearance of the equipment. Wherever possible disposable barriers should be used and changed between patients. The barrier technique will ensure maximum long term durability of the surfaces and finishes of the equipment.

Regardless of the chemical disinfectant used, it is imperative that the equipment be wiped with a warm damp cloth three times (triple wipe procedure) after each disinfecting treatment. The triple wipe procedure will reduce the harmful effects of chemical disinfectant residues being allowed to accumulate on the equipment. Immediately dry with a towel to remove moisture that could diminish the performance and appearance of the equipment. **▲ Never immerse the AnterioRest® in water.**

Pay strict attention to the disinfectant directions when using chemical disinfectants. When using concentrated disinfectants, measure the concentrate carefully and mix according to package directions. Disinfectant solutions that are relatively harmless to surfaces at their recommended strengths can be corrosive at higher than recommended dilution ratios.

*Unacceptable Disinfectants\**

These disinfectants will harm the surface finishes of dental equipment and are not recommended. Use of these products will void your warranty. This list is not meant to be all inclusive.

Chemical Composition

Trade Names

Strong Phenols/ Phenol-Alcohol combinations	Lysol, Lysol 2, Lysol Professional, Coe Foam, Coe Spray Pump, Vitaphene, Omni II
Sodium Hypochlorite/ Bleach Bleach Disinfectants	Household Bleach such as Clorox, Ajax, Purex Dispatch
Alcohol	
Household Cleaners, Abrasive Cleaners, Etching Cleaners, Special Duty Cleaners	

*Conditionally Acceptable Disinfectants\**

These disinfectants have been found to be the least harmful to equipment surfaces.

Chemical Composition

Trade Names

Quaternary amine/ low concentration alcohol	Cavicide
Phenol / Water Sprays	Birex se, Top-cide, Sporicidin Pump Spray

\* Career Extenders, Inc. makes no representation as to the disinfectant efficacy of commercially available disinfectant products. We make no warranty expressed or implied that these disinfectants will not damage the surface finishes. Damage and discoloration of the surface finishes are not covered under the warranty. Contact the disinfectant manufacturer for additional information regarding precautions to take for use on leather and metal surfaces.

**Warranty Information:**

IMPORTANT: Write down your AnterioRest® model and serial number for your records. This information can be found on the label secured to the Lower Arm.

Model Number: \_\_\_\_\_

Serial Number: \_\_\_\_\_

Color of Pad: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

NOTE: Career Extenders, Inc. cannot guarantee individual records of serial numbers. Your bill of sale should be kept for any warranty service.

▲ Like any mechanical device, the AnterioRest® and its components are subject to wear and stress. Different materials and mechanisms wear or fatigue from stress at different rates and have different life cycles. If a component's life cycle is exceeded, the component can suddenly and catastrophically fail, causing injury or damage to the equipment. Cracks, fraying, and discoloration are signs of stress-caused fatigue and indicate that a part is at the end of its useful life and needs to be replaced. Product life is often related to the kind of force you apply to the device and to the proper upkeep and maintenance. The AnterioRest®'s warranty is not meant to suggest that the device cannot be broken or will last forever. It only means that the AnterioRest® is covered subject to the terms of the warranty.

## **CAREER EXTENDERS, INC. LIMITED WARRANTY**

Career Extenders, Inc. warrants to the original purchaser of its products and components that the same will be free from defects in material and workmanship, under normal use and service, for a period of one year measured from the date of delivery to the original user. The obligation of Career Extenders, Inc. under this warranty is limited to the repair or replacement, at the option of Career Extenders, Inc., of the products or components that prove to be defective, upon examination by Career Extenders, Inc., provided that the defect is reported to Career Extenders, Inc. within the applicable warranty period.

The following are excluded from this limited warranty:

- (a) defects or damage resulting from freight damage, misuse, abuse, accident, negligence, alteration, or tampering.
- (b) products or components that are not installed, used, cleaned, or maintained as required in any Installation or Installation/Operation manual(s) supplied by Career Extenders, Inc.
- (c) any costs or charges paid to anyone for adjustment, repairs, replacement parts, installation, or other work performed upon or in connection with the products or components unless such charges or costs are expressly authorized in writing in advance by Career Extenders, Inc.

Career Extenders, Inc.'s only obligation under this warranty is the repair or replacement of defective products or components. Career Extenders, Inc. shall not be liable for any direct, indirect, special, incidental, exemplary, or consequential damages or losses including, but not limited to, damages for lost profits or loss of use. The price stated for the product is a consideration in limiting seller's liability and purchaser's remedy.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

THIS LIMITED WARRANTY IS CAREER EXTENDERS, INC.'S ONLY WARRANTY RESPECTING ITS PRODUCTS AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED. CAREER EXTENDERS, INC. MAKES NO IMPLIED WARRANTIES OF ANY KIND, INCLUDING ANY WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE OR USE.

THIS WARRANTY IS LIMITED TO THE REPLACEMENT OR REPAIR OF DEFECTIVE PRODUCTS OR COMPONENTS.

Some states do not allow limitations on implied warranties so the above limitation may not apply to you.

No employee or representative of seller is authorized to change this warranty in any way or grant any other warranty.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

## **Conclusion**

Thank you for purchasing the AnterioRest®. We at CEI hope this device will start you on the path to good health and provide the relief that you seek.

Psalm 103: 1-5; Matthew 4:23; Luke 2:9-14.

Thank you for taking the time to use the AnterioRest® Owner's Manual. We would appreciate any feedback or comments you have about this document or the AnterioRest®. Please mail, e-mail or phone us with your comments.

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