

# ARK-J PROGRAM

AMPLIFICATION, RESISTANCE, & KINETICS OF THE JAW

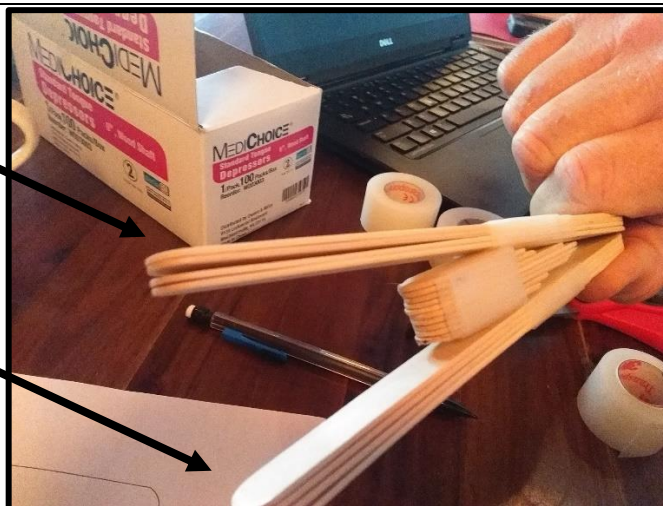
## The ARK-J Stretching Device Construction Guide

Step	Instructions
<b>Step 1: Gather Supplies</b>	<ul style="list-style-type: none"> <li>• 3M Medical Tape (electrical tape and duct tape will also do, is not preferred)</li> <li>• Sharp scissors</li> <li>• 13-15 tongue depressors</li> <li>• Measuring Tape</li> </ul>
<b>Step 2: Construct the Individual Wedge Piece (IWP)</b>	<div data-bbox="613 688 1412 1291" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Use a measuring tape or rule to measure out and cut each piece of the IWP as seen in photo above (60 mm, 57 mm, 45 mm, 41 mm, 30 mm x 2 each).</li> </ul>
<b>Step 3: Tape the IWP</b>	<div data-bbox="565 1436 1448 1696" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Tape the IWP using the 3M Medical Tape.</li> <li>• The final product of the wedge piece should look like the wedge pictured in the photo above.</li> <li>• Wrap the tape completely around the wedge 6 times and set aside.</li> </ul>

#### Step 4: Tape the Bases

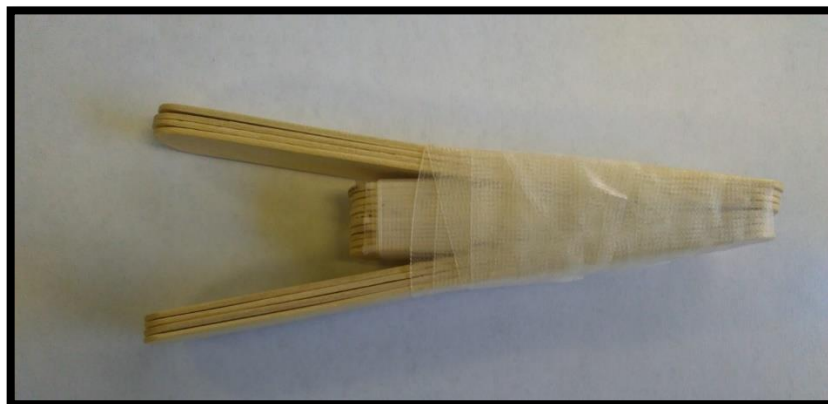
TOP BASE

BOTTOM BASE



- Depending on the level of challenge required for the patient, each base can have either 2, 3, or 4 tongue depressors taped together.
- A 2-Base includes 2 tongue depressors (easiest challenge level), a 3-Base includes 3 tongue depressors per base (moderate challenge level), and a 4-Base includes 4 tongue depressors per base (difficult challenge level)
- Select your base for the patient and tape together the tongue depressors according to your base selection so that you have a top base and a bottom base.

#### Step 5: Secure the IWP Between the Bases



- Use the 3M Medical Tape to secure the IWP in between the 2 bases.
- Holding the IWP in position, wrap the tape around the bases and IWP as illustrated in the photo above.