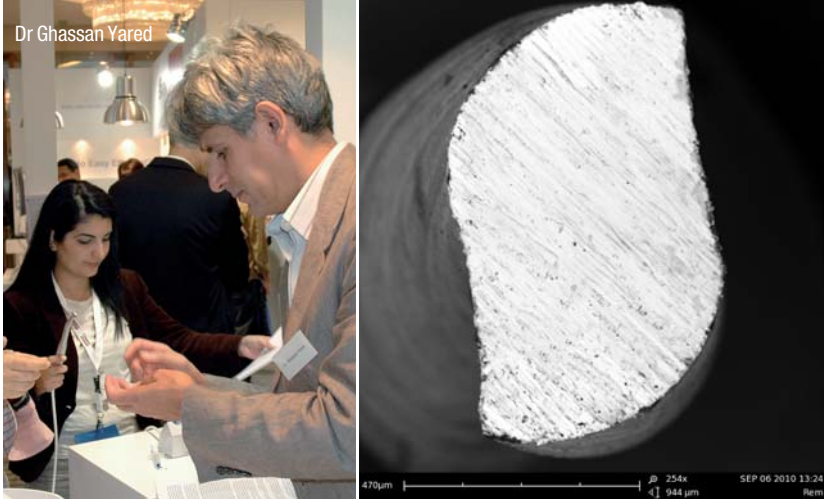


The RECIPROC system



tions are significantly lower than the angles at which a Reciproc instrument would fracture. These angles are stored in the Reciproc endodontic motor, preventing the instrument from rotating past its specific angle of fracture. The centring ability of the reciprocation technique allows the instrument to follow the natural path of least resistance, which is the root canal. Reciproc instruments have been specifically designed for use in reciprocation and are produced with M-wire NiTi in an innovative thermal-treatment process. This alloy has both increased resistance to cyclic fatigue and greater flexibility than common NiTi material. Another advantage of the specific design is an enormous capacity to remove debris from the canal thanks to deep flutes. Additionally, the flexible S-shaped cross-section with two cutting edges provides high cutting ability at reduced friction.

Canal curvature has always introduced complexity into canal preparation. Dr James B. Roane's *balanced force technique* (1985) was a promising concept using stainless-steel hand instruments in small clockwise and counter-clockwise movements. Based on Dr Roane's idea but using rotary NiTi instruments and a reciprocating motor, Dr Ghassan Yared (Canada) developed the method to ingenious perfection. After an experimentation phase of more than seven years, he sent his first description of the canal preparation technique with only one rotary instrument to **roots** in March 2007. In the hands of the experienced endodontist, it worked. However, more than three years and a team of engineers, metallurgists and electronic technicians were necessary to turn a great idea into a professional product, consisting of Reciproc instruments, motor, paper points and gutta-percha points. Dr Yared and VDW Germany now introduced the system for the first time at the 8th World Endodontic Congress in Athens.



The majority of all canal anatomies can be prepared with the new technique using only one reciprocating file and without glide path or initial instrumentation. In reciprocation, the Reciproc file is initially driven in a cutting direction and then reverses to release the instrument. One rotation of 360° is completed in several reciprocating movements.

Root-canal preparation without creating a glide path goes against the current teaching standard for rotary instrumentation, which requires an initial glide path in order to minimise the risk of fracture due to an instrument binding in the canal. However, in reciprocation, the angles of alternating right and left rota-

From three file sizes—R25, R40 or R50—the one matching the canal size best needs to be selected. The initial taper of each file is larger over the first 3 mm from the tip, enabling a #30 irrigation syringe to be placed close to the apex. The canal shape obtained with each of the three instruments is optimal for all modern obturation techniques.

The Reciproc system is designed for convenience and safety. The instruments are specified for single use, making the work flow more efficient and reducing the risk of contamination. One Reciproc instrument does the job of several hand and rotary instruments. Single use also protects from the risk of material fatigue caused by over-use. The Reciproc system is manufactured by VDW Germany and will be available from January 2011 onwards. Please visit www.endodonticourses.com/literature and check out a number of videos on single file reciprocation with the RECIPROC system and give it a try!

_contact	roots
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