

This technique uses:

- 1- only one ProTaper instrument size F2 or F3 or F4 or F5 in a reciprocating movement
- 2- an ATR Tecnika motor or an ATR Vision motor
- 3- the values of reciprocation should be set at:
 - a. 0.4 clockwise and 0.2 counterclockwise on the ATR Vision; speed 300 - 400 rpm
 - b. 0.09 CW and 0.05 CCW on the ATR Tecnika; speed 300 rpm

Description for severely curved canals

- 1- 08 file to WL, then
- 2- 10 file to WL, then
- 3- Size 2 (series 29; 12.9) to WL
- 4- F2 to WL. The F2 is placed in the canal with almost no pressure at all until resistance is encountered (until you feel you have to apply pressure to make it advance; or until the instrument does not advance anymore). Remove and clean. Repeat until F2 reaches WL.

The same instrument can be used to prepare 4 canals in a molar then...recycling.
If the instrument does not advance do not push and do not keep it in the same position waiting to advance. REMOVE the instrument, CLEAN it and repeat.

For larger and / or easier canals: hand file # 8 and 10 to WL then use an F3 or F4 or F5 even in moderately curved canals, the F5 being used in the easiest ones. In the easier and larger canals, the initial hand filing can be stopped with a #10 at WL.

Gauge at your convenience (mainly in larger canals)

Advantages:

- 1- Only one rotary instrument, only one, is required to prepare most of the canals.**
- 2- Only one rotary instrument, only one, is required to prepare 3-4 narrow and severely curved canals.**
- 3- Only one rotary instrument, only one, will be discarded at the end of each case.**
- 4- Even if you are able to place an F2 ProTaper, or its equivalent, at WL in a severely curved (90°curve) canal, this technique will make the canal preparation in that case extremely easy and fast.**
- 5- The risk of instrument fracture by taper-lock (binding) is virtually eliminated.**
- 6- Extremely simple, extremely fast, extremely safe, very low cost, extremely easy to teach.**