

# Frequently Asked Questions

## About ARK's Z-Vibe® and Z-Grabber®

### **I just got a Z-Vibe® or Z-Grabber®. How do I turn it on?**

Twist the Switch Tip (the knob end) into the handle \*just\* until it starts to vibrate. Twisting any further will not increase the vibration (but significant over-tightening may be harmful to the motor.)

### **I am a parent/caregiver. Can I use ARK's Z-Vibe® or Z-Grabber® at home?**

Absolutely! It is very important for parents to follow through with recommended therapy techniques at home. You can often accelerate learning by working on your child's therapy homework at home. Be sure to ask your therapist to explain and demonstrate the exercises and to give you tips for making progress at home. Remember, direct adult supervision is required at all times.

### **Can my child use the Z-Vibe® / Z-Grabber® on their own?**

ARK's Z-Vibe® / Z-Grabber® is designed to be used by a therapist and/or parent. Children must not use the tool independently. If the child wants to hold the tool him/herself, we recommend using hand-over-hand assistance. As a medical device that contains small parts, it must be directly supervised at all times.

### **Is ARK's Z-Vibe® / Z-Grabber® a toy?**

No, it is a therapeutic tool intended to be used by a professional therapist (or by parents trained by their therapist). It contains small parts, including a battery, that may pose a choking hazard. Direct adult supervision is required at all times.

### **Can the handle be chewed on?**

No, the handle should not be chewed on. Chewing on the handle (especially the end where the battery goes in) may damage the device and/or cause internal rust and corrosion. Only the appropriate chewable attachments should be chewed on. The Switch Tip end should not go in the mouth.

### **What are the different tip attachments for?**

There are over 25 different tip attachments for the Z-Vibe®/Z-Grabber®. All tip attachments are interchangeable and compatible with any Z-Vibe® or Z-Grabber®. From spoons to toothbrushes to pencils and more, the same handle can shift goals simply by switching out one tip for another.

**Probe Tip** - This is the most versatile & popular tip attachment. It's bumpy on one side and striated on the other side for different levels of sensory input (the bumpy side provides more input than the striated side).

**Mini Tip** - This is a smaller version of the Probe Tip, designed for smaller mouths (about 2.5 years and under).

**Preefer Tip** - This tip attachment is rounded with ridges all along the circumference for when a "rolling" action is desired for a different kind of sensory input. Roll it over the lips, across the tongue, and inside the cheeks.

**Fine Tip** - This tip narrows down to a fine point, which makes it perfect for pinpointing very specific areas in the mouth.



**Bite-n-Chew Tip** - These tips are rounded and chewable, for practicing biting & chewing skills. The "extra long" versions are about an inch longer and a little skinnier, to make it easier to reach the back molars. The textured version has bumps for extra sensory input.

**Bite Tube Tip** - These tips are similar to the Bite-n-Chew Tip, but with a hollow center so that you can put puréed foods (applesauce, yogurt, etc.) inside the tip for functional biting & chewing practice. Once you bite down on the tip, you get 'rewarded' with a taste of food.

**Spoon Tip** - Great for feeding therapy and mealtimes, these attachments turn the Z-Vibe® into a vibrating spoon! The smooth, gentle vibration can help "wake up" the mouth and decrease aversions. The textured version has bumps on the bottom of the spoon bowl to help stimulate the tongue and lower lip, and to help encourage the transition from puréed to more solid foods. The Hard Spoon Tip is rigid, like a regular spoon. The Soft Spoon Tip is flexible (still firm enough to hold food, but flexible enough to be gentle on the teeth if someone bites down on the spoon).

**Tongue Tip** - This tip can be used as a traditional tongue scraper to help establish good oral care. It can also be used to help establish the concept of tongue lateralization and elevation (hold the Tongue Tip vertically in front of the mouth and ask the individual to put the tip of their tongue inside the hole, then guide the tongue from side to side or up and down). You can also place the Tongue Tip flat on top of the tongue to provide input to a large surface area of the tongue (this tip has the largest "footprint" surface-area-wise).

**Popette Tip** - This tip attachment is an adaptor that lets you use lollipops with the Z-Vibe® or Z-Grabber®. Just twist the Popette Tip into the handle, then press a lollipop into the Popette Tip. Lollipops are a fun way to get kids interested in sensory oral motor exercises.

**Brush Tips** - The soft version has gentle bristles for gum massage; the hard version has firmer bristles closer to that of a traditional toothbrush. These can be used to help get orally sensitive individuals more comfortable with oral care, so that they can eventually use regular toothbrushes, be more comfortable going to the dentist, etc.

**Pencil Tip** - This attachment turns your Z-Vibe® into a vibrating pencil! The vibration of the Z-Vibe® is very smooth, so it doesn't create squiggly lines. Instead, it can help increase focus by providing more sensory input and awareness to the hand.

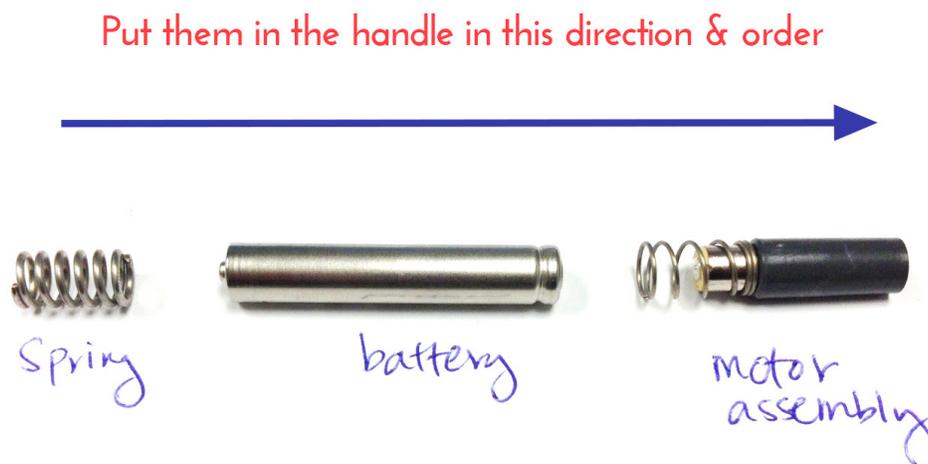
**Pen Tip** - This attachment turns your Z-Vibe® into a vibrating pen.

**Crayon Tip** - And this attachment turns your Z-Vibe® into a vibrating crayon.

**Brick Tip** - This tip attachment has large bumps on one side and small bumps on the other side for lots of varying sensory input while biting & chewing. It comes in 3 toughness levels for mild to moderate to avid chewing.

#### How do you assemble the Z-Vibe® or Z-Grabber®?

If you just bought your Z-Vibe® or Z-Grabber® - no assembly is required (it comes pre-assembled and ready to turn on). Twist the Switch Tip (the knob end) into the handle \*just\* until it starts to vibrate and you'll be ready to go. Twisting any further will not increase the vibration, but significant over-tightening (although very hard to do) may be harmful to the motor. If you are replacing the battery, or if all of the parts were removed and you need to get them back in, please see the diagram below:



**How long does the battery last for?**

Each battery lasts for about 24 hours of continuous use. So if you use it a few minutes a day for example, it will last a long time. If it's on for an hour per day, it'll last for about 24 days. If you're replacing the battery, see the diagram above for assembly instructions. Please note: the Z-Vibe® and Z-Grabber® come with a specially modified battery. We recommend purchasing spare batteries from an authorized supplier.

**How do you clean ARK's Z-Vibe®, Z-Grabber®, and tips?**

Wipe the handle with a disinfecting spray or wipe (such as Clorox Anywhere). The tips can then be removed and either:

1. Scrubbed with mild soap and water.
2. Put in the dishwasher (no drying cycle or added heat). Please make sure the parts are secured and won't fall onto the heating element at the bottom of the dishwasher.
3. The tips can also be boiled as long as it is only for a few minutes, and as long as you wait a few hours before using again (so that they can cool to the core not just to the touch).

Please note: this is for cleaning between single-patient use. Since these products are used orally and/or chewed on, we recommend that each patient have his or her own oral products, much like each person uses his or her own toothbrush.



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ARK Therapeutic  
703 Clemson Road  
Columbia, SC 29229