



**Figure 10: Elastic Plate (E-plate) design.** The E-Plate can be used in any condition when a rubber band is required but an individual TAD is either not stable or not accessible due to anatomical limitations. E-Plates are made in two type (Type 1 and Type II) that can change the accessibility and direction of the force (A). E-Plates can be used to retract maxillary or mandibular teeth (B) or to apply Orthopedics forces, without a need for flap surgery for plate placement or removal.