Assembly
Thread the post into the body as far as it will go. If you want to use a thread-locking fluid or adhesive to secure the post, make sure that you do not accidentally glue the main screw to the body.

Use
Drop the post into a dog hole. With the arm fully forward, slide the screw through the body until the clamping pad bears against your workpiece.

Pull the arm backward. The teeth on the rack (inside the body) will first engage with the threads in the screw, and then, the rack will drive the screw forward, clamping the workpiece.

To release the clamping pressure, pull the arm away from the screw.

... Tips:
- It isn’t necessary to pull the arm all the way back; once the rack engages, the mechanism is capable of imparting its full clamping force.
- If the teeth won’t engage or the clamping force seems less than typical, flip the clamping pad over to change the alignment of the main thread with the rack.