



PRONATION / SUPINATION

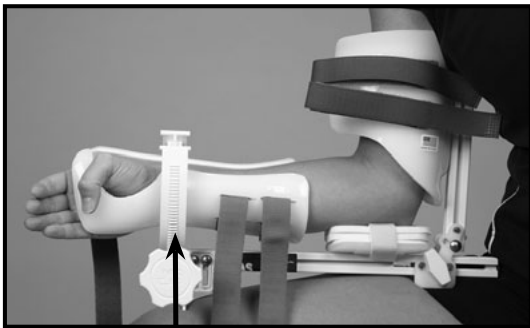
FITTING INSTRUCTIONS



It is best to carry out your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap. You should not be up walking during a JAS treatment session.

STEP 1: ADJUST FOREARM LENGTH (If Necessary)

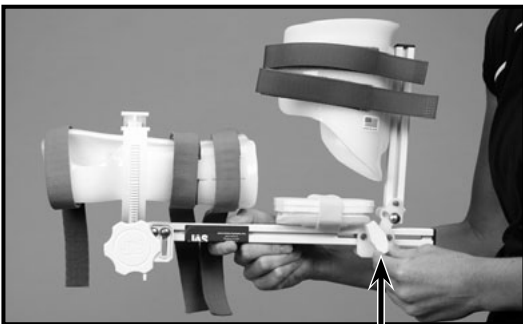
NOTE: This is a one-time adjustment and should be done at initial JAS fitting by your therapist or JAS representative.



Align Ulna Styloid with gear

- Place arm in device. Be sure to place elbow firmly back and down in device, like a heel in a boot.
- Lower hand fully down, to fit between the two hand plates.
- Assure that the ulna styloid is aligned with the gear.

NOTE: If bicep cuff needs to be adjusted up or down for comfort, loosen the screw and reposition it.

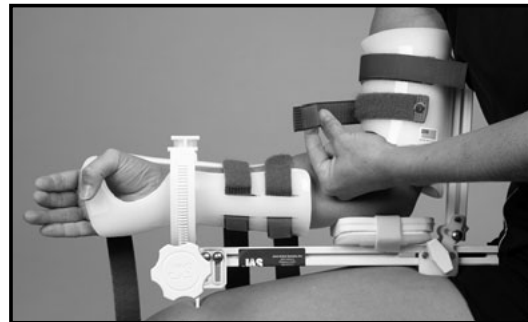


Length Adjustment Knob

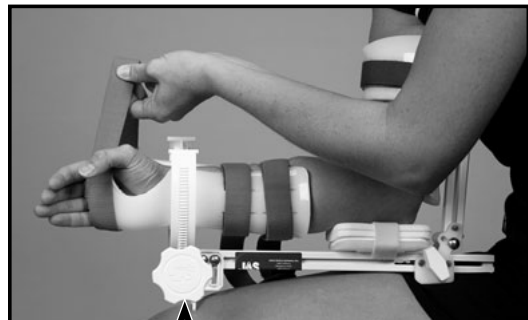
- If length adjustment is necessary, remove arm from device, loosen the length adjustment knob, slide bicep cuff assembly forward or back to correct position and retighten knob.

SUGGESTION: Use a permanent marker to mark the location of the bicep cuff strut, to be sure of the correct position in the event it is moved.

STEP 2: SECURE ALL STRAPS



- Fasten straps of upper arm cuff so that cuff fits comfortably snug.



Therapy Knob

- Fasten straps across wrist and palm so that the hand is snug in hand support.

IMPORTANT: Be sure to pull straps to take up slack through slits on bottom of hand support, so that hand plates are evenly snug across wrist.

- Begin treatment protocol by rotating therapy knob as outlined on back of page.

RECOMMENDED

JAS[®] TREATMENT PROTOCOL

STEP 1: Rotate therapy knob until a gentle, pain-free stretch is felt. Level 2-3 on stretch intensity scale.



STEP 2: Hold stretch position for 5 minutes. Before turning knob, re-assess stretch level:

1. If stretch intensity has decreased, rotate knob until you feel a 2-3 level stretch again.
2. If stretch intensity has not changed, leave in same position.
3. If stretch intensity has increased, rotate knob in opposite direction until 2-3 level stretch is felt.

STEP 3: Hold stretch position for another 5 minutes.

Repeat steps 2 and 3 for a series of six 5-minute stretches (30-Minute Therapy Session).

IMPORTANT:

If you are initiating JAS therapy early post surgery, you may need to begin with shorter therapy sessions (one to three 5-minute stretches per session), due to post operative symptoms of swelling, pain and sensitivity to passive stretch. If so, gradually increase to 30-minute sessions over a two week period, as tolerated.

STEP 4: When 30-minute session is complete, turn knob in opposite direction until stretch is relieved, then remove device. You may feel some joint stiffness following your JAS session. Gently move your joint back and forth to “cool down” and relieve the stiffness.

IMPORTANT:

You must evaluate stretch sensation after each 5-minute stretch period, before adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, it is incorrect to turn further into the ROM.

You will not achieve a desired result of permanent tissue stretch.

Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

NUMBER OF SESSIONS PER DAY

Three 30-minute sessions, per direction, per day, are suggested for optimal results. Begin with one 30-minute session per day and add sessions every 3-5 days as tolerated up to 3 sessions per direction per day.

WARNING: JAS SPS devices are NOT designed to be worn overnight or for prolonged, continuous periods of time. Joint Active Systems does not recommend or endorse a therapy protocol that includes extended wear times of 4 + hour sessions as are commonly recommended with dynamic splints or turnbuckle splints. This is due to the known increased risk of skin irritation and / or breakdown associated with any prolonged splinting regime.

Wait 45-60 minutes between each JAS treatment session.

If you experience a change in swelling or irritation to your underlying condition when using the JAS device, discontinue use and contact your physician.

TECHNICAL SUPPORT

Call JAS toll free at **(800) 879-0117** for technical assistance and any questions regarding your JAS device. **This is a rental device.** At the end of your treatment it is **your responsibility** to contact JAS to terminate billing and arrange for device return.

JAS Representative

Contact Number



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